



## Classic Mashed Potatoes



Vegetarian



Gluten Free

READY IN



43 min.

SERVINGS



16

CALORIES



141 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 4 pounds russet potatoes peeled cut into 1-inch cubes
- ☐ 6 tablespoons butter unsalted

### Equipment

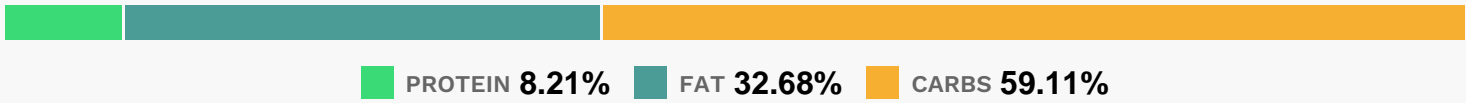
- ☐ bowl

- ☐ sauce pan
- ☐ double boiler
- ☐ potato ricer

## Directions

- ☐ Place potatoes in a large saucepan; cover with water. Bring to a boil; cook 15 minutes or until tender.
- ☐ Drain.
- ☐ Press potatoes through a food mill or potato ricer into a large bowl.
- ☐ Add butter, stirring until melted. Stir in milk and remaining ingredients.
- ☐ Tip: If you want to make these mashed potatoes a few hours ahead of time, simply keep them warm over a double boiler on very low heat. Keep in mind that you may need to add a little milk before serving if the consistency becomes too thick.

## Nutrition Facts



## Properties

Glycemic Index:7.3, Glycemic Load:16.12, Inflammation Score:-3, Nutrition Score:5.3834783046142%

## Nutrients (% of daily need)

Calories: 140.85kcal (7.04%), Fat: 5.26g (8.09%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 19.91g (7.24%), Sugar: 1.1g (1.22%), Cholesterol: 14.39mg (4.8%), Sodium: 88.36mg (3.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Vitamin B6: 0.4mg (19.79%), Potassium: 500.54mg (14.3%), Manganese: 0.19mg (9.37%), Vitamin C: 6.54mg (7.93%), Phosphorus: 75.62mg (7.56%), Magnesium: 27.83mg (6.96%), Vitamin B1: 0.1mg (6.6%), Copper: 0.12mg (6.01%), Fiber: 1.49g (5.96%), Vitamin B3: 1.19mg (5.94%), Iron: 0.99mg (5.5%), Folate: 17.2µg (4.3%), Vitamin B5: 0.37mg (3.74%), Vitamin B2: 0.06mg (3.62%), Calcium: 35.31mg (3.53%), Vitamin A: 163.77IU (3.28%), Zinc: 0.41mg (2.71%), Vitamin K: 2.56µg (2.44%), Selenium: 0.92µg (1.31%), Vitamin B12: 0.08µg (1.3%), Vitamin E: 0.16mg (1.05%)