



Classic Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



317 kcal

SIDE DISH

Ingredients

- 4 pounds yukon gold potatoes peeled cut into 1-inch pieces
- 1 serving salt and pepper freshly ground
- 1 cup heavy whipping cream
- 1 cup milk whole
- 4 ounces butter unsalted (1 stick)

Equipment

- bowl
- sauce pan

potato masher

potato ricer

Directions

Place potatoes and 2 tablespoons salt in a large saucepan. Cover with cold water by 2 inches, and bring to a boil. Reduce heat to medium-low, and simmer until tender, 8 to 10 minutes.

Meanwhile, heat cream, milk, and butter in a small saucepan over medium-low heat, stirring occasionally, until butter melts.

Drain potatoes, and press through a ricer into a large saucepan. (Alternatively, mash the potatoes with a potato masher until smooth.)

Pour warmed cream mixture over potatoes in a slow, steady stream, and stir until smooth. Season with salt and pepper.

Serve immediately, or keep warm in a covered bowl over simmering water for up to 2 hours.

Nutrition Facts

PROTEIN **6.47%** FAT **52.1%** CARBS **41.43%**

Properties

Glycemic Index:12.18, Glycemic Load:23.64, Inflammation Score:-6, Nutrition Score:11.188260907712%

Flavonoids

Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 316.57kcal (15.83%), Fat: 18.73g (28.82%), Saturated Fat: 11.8g (73.75%), Carbohydrates: 33.52g (11.17%), Net Carbohydrates: 29.53g (10.74%), Sugar: 3.29g (3.66%), Cholesterol: 54.2mg (18.07%), Sodium: 47.21mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Vitamin C: 35.89mg (43.5%), Vitamin B6: 0.56mg (27.94%), Potassium: 825.79mg (23.59%), Fiber: 3.99g (15.97%), Phosphorus: 144.59mg (14.46%), Manganese: 0.28mg (13.97%), Vitamin A: 676.4IU (13.53%), Magnesium: 46.55mg (11.64%), Vitamin B1: 0.16mg (10.94%), Copper: 0.2mg (10.03%), Vitamin B3: 1.96mg (9.79%), Vitamin B2: 0.14mg (8.25%), Iron: 1.44mg (8.01%), Folate: 30.32µg (7.58%), Calcium: 70.23mg (7.02%), Vitamin B5: 0.7mg (7.01%), Vitamin D: 0.82µg (5.46%), Vitamin K: 5.08µg (4.83%), Zinc: 0.69mg (4.62%), Vitamin E: 0.51mg (3.42%), Vitamin B12: 0.19µg (3.15%), Selenium: 1.84µg (2.62%)