



Corn Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



471 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 cups regular corn
- ☐ 2 cloves garlic roughly chopped
- ☐ 1.5 cups heavy cream
- ☐ 6 servings salt
- ☐ 8 tablespoons butter unsalted 1 stick
- ☐ 1 small onion yellow roughly chopped
- ☐ 1.5 pounds yukon gold potatoes

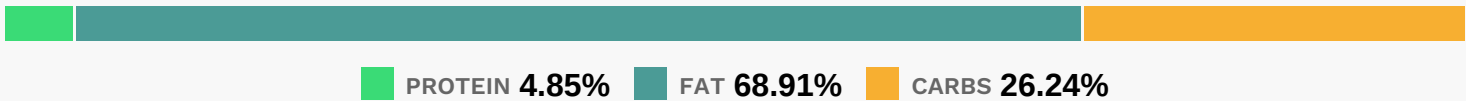
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the potatoes in a large pot, cover with cold water and season with salt. Bring to a boil, reduce the heat to medium and simmer until tender, about 20 minutes.
- ☐ Drain well, then cool slightly. Return the potatoes to the pot and, using a masher, mash the potatoes.
- ☐ Meanwhile, melt the butter in medium, heavy skillet over medium heat.
- ☐ Add the onions and saute until translucent, about 5 minutes.
- ☐ Add the garlic and corn and saute about 5 minutes. Season with salt and pepper.
- ☐ Add the cream and cook over medium-low heat for 3 minutes longer.
- ☐ Add the sauteed corn to the mashed potatoes and stir to combine until the liquid is fully absorbed. Season with salt and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.79, Glycemic Load:14.85, Inflammation Score:-8, Nutrition Score:11.610434698022%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 471.43kcal (23.57%), Fat: 37.39g (57.53%), Saturated Fat: 23.47g (146.67%), Carbohydrates: 32.03g (10.68%), Net Carbohydrates: 28.33g (10.3%), Sugar: 6.16g (6.85%), Cholesterol: 107.37mg (35.79%), Sodium:

226.62mg (9.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Vitamin C: 27.16mg (32.92%), Vitamin A: 1434.65IU (28.69%), Vitamin B6: 0.43mg (21.38%), Potassium: 691.32mg (19.75%), Phosphorus: 151.71mg (15.17%), Manganese: 0.3mg (14.93%), Fiber: 3.71g (14.82%), Magnesium: 50.1mg (12.52%), Vitamin B1: 0.19mg (12.4%), Folate: 43.65µg (10.91%), Vitamin B2: 0.19mg (10.91%), Vitamin B3: 2.12mg (10.59%), Vitamin B5: 0.88mg (8.76%), Copper: 0.17mg (8.36%), Vitamin D: 1.23µg (8.21%), Iron: 1.25mg (6.96%), Vitamin E: 1.03mg (6.87%), Calcium: 63.38mg (6.34%), Vitamin K: 5.74µg (5.46%), Zinc: 0.74mg (4.96%), Selenium: 2.81µg (4.01%), Vitamin B12: 0.13µg (2.12%)