



Creamy Leek Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



453 kcal

SIDE DISH

Ingredients

- 4 pounds baking potatoes peeled quartered
- 0.5 cup butter
- 2 tablespoons butter
- 3 tablespoons buttermilk
- 0.5 teaspoon ground pepper white
- 3 large to 4 leeks
- 0.5 cup milk
- 1.5 teaspoons salt divided

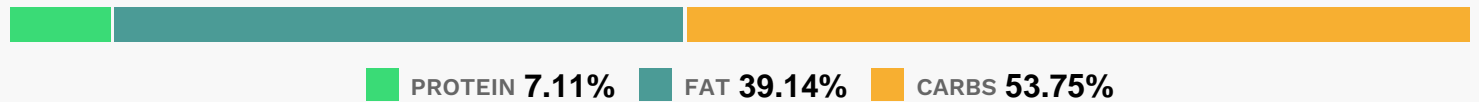
Equipment

- frying pan
- potato masher
- dutch oven

Directions

- Bring potatoes, 1 teaspoon salt, and water to cover to a boil in a Dutch oven; boil 20 to 25 minutes or until potatoes are tender.
- Drain, and keep warm.
- Remove root, tough outer leaves, and tops from leeks, leaving 2 inches of dark leaves. Thinly slice leeks; rinse well, and drain.
- Melt 2 tablespoons butter in a large skillet over medium-high heat; add leeks, and saute 5 minutes. (Do not brown.)
- Mash potatoes with a potato masher; stir in remaining 1/2 teaspoon salt, 1/2 cup butter, and next 3 ingredients until blended. Stir in leeks.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:45.22, Inflammation Score:-8, Nutrition Score:18.56565219423%

Flavonoids

Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 452.94kcal (22.65%), Fat: 20.26g (31.17%), Saturated Fat: 4.56g (28.48%), Carbohydrates: 62.6g (20.87%), Net Carbohydrates: 57.83g (21.03%), Sugar: 4.95g (5.5%), Cholesterol: 3.27mg (1.09%), Sodium: 843.39mg (36.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.55%), Vitamin B6: 1.16mg (58.22%), Potassium: 1391.86mg (39.77%), Manganese: 0.7mg (34.93%), Vitamin A: 1633.73IU (32.67%), Vitamin C: 22.66mg (27.47%), Vitamin K: 26.44µg (25.18%), Magnesium: 86.07mg (21.52%), Phosphorus: 214.52mg (21.45%), Iron: 3.57mg (19.81%), Vitamin B1: 0.29mg (19.46%), Fiber: 4.78g (19.1%), Copper: 0.37mg (18.45%), Folate: 71.44µg

(17.86%), Vitamin B3: 3.34mg (16.71%), Vitamin B5: 1.1mg (10.97%), Calcium: 107.08mg (10.71%), Vitamin B2: 0.16mg (9.59%), Vitamin E: 1.19mg (7.91%), Zinc: 1.05mg (6.97%), Selenium: 2.33µg (3.32%), Vitamin B12: 0.17µg (2.8%), Vitamin D: 0.32µg (2.14%)