



Creamy Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



510 kcal

SIDE DISH

Ingredients

- 1.5 sticks butter softened plus more for baking
- 0.5 cup cup heavy whipping cream
- 8 ounce cream cheese softened
- 0.5 cup half-and-half
- 12 servings milk for thinning
- 5 pounds russet potatoes
- 12 servings salt and pepper black freshly ground

Equipment

- frying pan
- oven
- pot
- casserole dish
- potato masher
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Peel the potatoes and rinse them in cold water. Chop the potatoes in fourths.
- Place the potatoes into a large pot and cover with water. Bring to a boil and cook until fork tender, 20 to 25 minutes.
- Drain the potatoes, and then return them to the pan. With the burner on low heat, mash the potatoes with a potato masher; the more steam that's released while you mash, the better. Mash for about 5 minutes. Turn off the burner.
- Add the butter, cream cheese, half-and-half, and seasonings. Stir to combine, and if the mixture needs thinning, add milk. Check the seasonings, adding salt and pepper, to taste.
- Pour the mashed potatoes into a large casserole pan. Dot the surface with butter. Cover with foil and bake in the oven for 15 minutes.
- Remove the foil and continue baking for 10 more minutes.
- Serve immediately.

Nutrition Facts



PROTEIN 10.7% FAT 52.94% CARBS 36.36%

Properties

Glycemic Index:19.31, Glycemic Load:31.49, Inflammation Score:-7, Nutrition Score:17.928695595783%

Nutrients (% of daily need)

Calories: 510.31kcal (25.52%), Fat: 30.66g (47.17%), Saturated Fat: 18.66g (116.6%), Carbohydrates: 47.38g (15.79%), Net Carbohydrates: 44.9g (16.33%), Sugar: 14.33g (15.93%), Cholesterol: 93.47mg (31.16%), Sodium: 261.19mg (11.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.88%), Vitamin B6: 0.82mg (41.03%), Phosphorus: 389.49mg (38.95%), Calcium: 364.19mg (36.42%), Potassium: 1206.51mg (34.47%), Vitamin B2: 0.49mg (28.57%), Vitamin A: 1185.99IU (23.72%), Vitamin B12: 1.42µg (23.64%), Vitamin B1: 0.3mg (20.12%), Magnesium: 76.61mg (19.15%), Vitamin D: 2.84µg (18.95%), Vitamin B5: 1.66mg (16.58%), Manganese: 0.32mg (16.08%), Vitamin C: 10.92mg (13.24%), Zinc: 1.72mg (11.47%), Vitamin B3: 2.25mg (11.27%), Selenium: 7.78µg (11.12%), Copper: 0.2mg (10.19%), Fiber: 2.48g (9.93%), Iron: 1.67mg (9.3%), Folate: 29.3µg (7.33%), Vitamin K: 6.13µg (5.84%), Vitamin E: 0.75mg (4.99%)