



Creamy Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 3 pound baking potatoes (russet)
- ☐ 1 cup heavy whipping cream hot
- ☐ 0.8 stick butter unsalted softened cut into bits and

Equipment

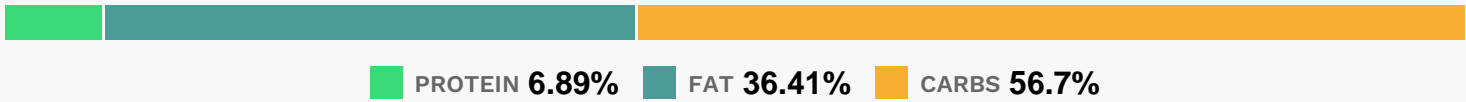
- ☐ bowl
- ☐ pot
- ☐ wooden spoon
- ☐ colander

☐ potato ricer

Directions

- ☐ Bring a large pot of water to a boil (enough to cover potatoes by 1 inch) and add salt to taste. Peel potatoes and quarter.
- ☐ Add potatoes to water, then return to a boil. Gently boil potatoes until tender, 15 to 20 minutes, and drain in a colander. Force potatoes, while still warm, through ricer into a large bowl.
- ☐ Add butter and stir with a wooden spoon, letting butter melt completely.
- ☐ Add 1 cup cream and incorporate by gently stirring with wooden spoon, adding more cream to thin to desired consistency.

Nutrition Facts



Properties

Glycemic Index:10.59, Glycemic Load:24.18, Inflammation Score:-4, Nutrition Score:7.4856522523839%

Nutrients (% of daily need)

Calories: 210.76kcal (10.54%), Fat: 8.77g (13.5%), Saturated Fat: 5.51g (34.47%), Carbohydrates: 30.75g (10.25%), Net Carbohydrates: 28.54g (10.38%), Sugar: 1.06g (1.18%), Cholesterol: 22.92mg (7.64%), Sodium: 9.7mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.47%), Vitamin B6: 0.59mg (29.36%), Potassium: 711.97mg (20.34%), Manganese: 0.27mg (13.37%), Vitamin C: 9.7mg (11.75%), Magnesium: 39.34mg (9.84%), Phosphorus: 96.17mg (9.62%), Vitamin B1: 0.14mg (9.34%), Fiber: 2.21g (8.85%), Copper: 0.18mg (8.85%), Vitamin B3: 1.76mg (8.83%), Iron: 1.47mg (8.14%), Folate: 24.14µg (6.03%), Vitamin A: 268.28IU (5.37%), Vitamin B5: 0.52mg (5.24%), Vitamin K: 3.81µg (3.63%), Vitamin B2: 0.06mg (3.53%), Zinc: 0.5mg (3.35%), Calcium: 24.74mg (2.47%), Vitamin E: 0.26mg (1.76%), Selenium: 0.79µg (1.13%), Vitamin D: 0.16µg (1.07%)