



Crème Fraîche and Chive Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons kosher salt for seasoning
- ☐ 0.5 cup crème fraîche
- ☐ 3 tablespoons chives fresh chopped
- ☐ 2 pounds potatoes yellow peeled cut into 1-inch wedges
- ☐ 2 tablespoons butter unsalted ()
- ☐ 3 quarts water
- ☐ 0.5 cup milk whole

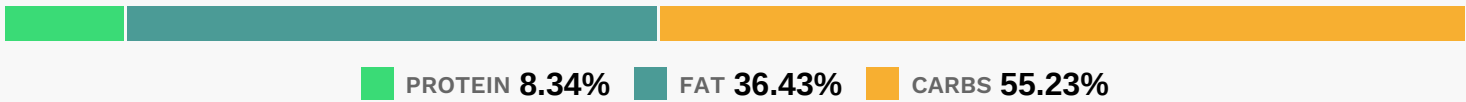
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ potato ricer

Directions

- ☐ Bring 3 quarts water to boil in heavymedium pot.
- ☐ Add 2 tablespoons coarsesalt; add potatoes. Cook until potatoesare tender, about 18 minutes.
- ☐ Drain. Presspotatoes through ricer into large bowl.Cover bowl with clean towel to keep warm.
- ☐ Heat milk, crème fraîche, and butterin saucepan over medium heat, just untilbubbles begin to form at edge, stirringuntil butter melts. Gradually mix hot milkmixture into potatoes. Fold in chives.Season with coarse salt and pepper.DO AHEAD: Can be made 1 hour ahead.
- ☐ Letstand at room temperature. Reheat inmicrowave–safe bowl.
- ☐ * Available at most supermarkets and atspecialty foods stores.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:27.79, Glycemic Load:19.71, Inflammation Score:-5, Nutrition Score:9.5569565555324%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 200.48kcal (10.02%), Fat: 8.3g (12.77%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 24.96g (9.07%), Sugar: 2.84g (3.16%), Cholesterol: 23.78mg (7.93%), Sodium: 2372.44mg (103.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Vitamin C: 30.83mg (37.37%), Vitamin B6: 0.47mg (23.43%), Potassium: 697.04mg (19.92%), Fiber: 3.36g (13.46%), Copper: 0.25mg (12.38%), Phosphorus: 123.28mg (12.33%), Manganese: 0.25mg (12.3%), Magnesium: 44.65mg (11.16%), Vitamin B1: 0.14mg (9.17%), Vitamin

B3: 1.64mg (8.22%), Calcium: 80.65mg (8.06%), Iron: 1.24mg (6.87%), Folate: 27.06µg (6.76%), Vitamin A: 337.29IU (6.75%), Vitamin B2: 0.11mg (6.59%), Vitamin K: 6.74µg (6.42%), Vitamin B5: 0.6mg (5.98%), Zinc: 0.65mg (4.34%), Vitamin B12: 0.16µg (2.63%), Selenium: 1.62µg (2.31%), Vitamin D: 0.29µg (1.96%), Vitamin E: 0.21mg (1.4%)