



Dinner Tonight: Dressing Up Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

Ingredients

- 5 tablespoons butter
- 0.5 pound carrots peeled chopped
- 0.8 cup cup heavy whipping cream
- 1 teaspoon salt
- 4 servings salt and pepper
- 1 pound yukon gold potatoes washed

Equipment

- whisk

- pot
- potato masher
- colander

Directions

- Place the whole un-peeled potatoes in a large pot and fill with water until they are covered by an inch. Cover, bring to a boil, then reduce to a simmer and cook for 20 minutes.
- Toss the carrots and cook for another 15 minutes.
- Drain the vegetables in a colander. Carefully remove the skins of the potatoes. Toss everything back into the waterless pot. Go to town with a potato masher.
- Add the butter, mash some more. Than whisk in the heavy cream. Season with salt and pepper to taste.

Nutrition Facts



PROTEIN 4.26% **FAT 69.08%** **CARBS 26.66%**

Properties

Glycemic Index:45.15, Glycemic Load:16.31, Inflammation Score:-10, Nutrition Score:13.810434807902%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 387.76kcal (19.39%), Fat: 30.54g (46.99%), Saturated Fat: 19.31g (120.66%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 22.44g (8.16%), Sugar: 4.89g (5.43%), Cholesterol: 88.05mg (29.35%), Sodium: 945.66mg (41.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.47%), Vitamin A: 10567.72IU (211.35%), Vitamin C: 25.95mg (31.46%), Vitamin B6: 0.43mg (21.45%), Potassium: 705.6mg (20.16%), Fiber: 4.08g (16.33%), Manganese: 0.26mg (12.85%), Vitamin K: 12.29µg (11.71%), Phosphorus: 114.56mg (11.46%), Vitamin B2: 0.16mg (9.35%), Vitamin B1: 0.14mg (9.2%), Magnesium: 36.38mg (9.09%), Vitamin B3: 1.79mg (8.94%), Vitamin E: 1.2mg (8.01%), Folate: 31.23µg (7.81%), Copper: 0.15mg (7.67%), Calcium: 66.45mg (6.65%), Vitamin B5: 0.62mg (6.23%), Iron: 1.11mg (6.16%), Vitamin D: 0.71µg (4.76%), Zinc: 0.59mg (3.93%), Selenium: 1.91µg (2.73%), Vitamin B12: 0.1µg (1.69%)