



Duchess Potatoes

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



16

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 stick butter softened
- 8 egg yolks
- 1.3 cup heavy cream
- 16 servings nutmeg
- 5 pounds russet potatoes diced boiled peeled
- 16 servings salt and pepper black freshly ground
- 1 eggs whole

Equipment

- bowl
- baking sheet
- oven
- spatula
- pastry bag
- potato ricer

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F. Line a baking sheet with parchment or a silicon baking mat.
- Lay the boiled potatoes on a baking sheet and place into the oven until slightly dried on the surface, 10 to 15 minutes.
- Remove the potatoes from the oven and process through a ricer or food mill. Allow to cool in a bowl for about 5 minutes.
- Add the egg yolks, butter, a couple generous pinches of salt, a generous pinch of pepper, a pinch of nutmeg and 3/4 cup cream. Stir with a rubber spatula to combine. Taste and make sure the potatoes have been adequately salted.
- Transfer to a large pastry bag and pipe through a large star tip in a circular/upward spiral motion onto the prepared baking sheet.
- Make an egg wash by mixing the whole egg with the remaining 1/2 cup cream. Lightly brush the piped potatoes with the egg wash. (This is a little easier if you chill the piped potatoes for half an hour or so.)
- Bake until golden brown around the edges.
- Serve on a pretty platter!

Nutrition Facts



PROTEIN 8.02% **FAT 52.01%** **CARBS 39.97%**

Properties

Glycemic Index:14.8, Glycemic Load:20.56, Inflammation Score:-5, Nutrition Score:9.2326087122378%

Nutrients (% of daily need)

Calories: 269.5kcal (13.48%), Fat: 15.93g (24.51%), Saturated Fat: 9.41g (58.81%), Carbohydrates: 27.54g (9.18%), Net Carbohydrates: 25.25g (9.18%), Sugar: 2.06g (2.29%), Cholesterol: 143.63mg (47.88%), Sodium: 66.08mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.05%), Vitamin B6: 0.54mg (26.77%), Potassium: 632.38mg (18.07%), Manganese: 0.3mg (14.96%), Phosphorus: 135.4mg (13.54%), Vitamin A: 598.45IU (11.97%), Selenium: 7.12µg (10.17%), Vitamin C: 8.25mg (10%), Magnesium: 38.66mg (9.66%), Vitamin B1: 0.14mg (9.62%), Folate: 36.77µg (9.19%), Fiber: 2.28g (9.14%), Copper: 0.18mg (8.94%), Iron: 1.6mg (8.91%), Vitamin B2: 0.15mg (8.56%), Vitamin B5: 0.79mg (7.94%), Vitamin B3: 1.51mg (7.57%), Vitamin D: 0.84µg (5.59%), Zinc: 0.75mg (4.99%), Calcium: 49.67mg (4.97%), Vitamin E: 0.61mg (4.07%), Vitamin B12: 0.24µg (4.03%), Vitamin K: 3.88µg (3.69%)