



Duchess Potatoes



Vegetarian



Gluten Free



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



370 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds potatoes peeled cut into chunks (Yukon Golds work best)
- ☐ 4 servings salt
- ☐ 0.3 cup heavy cream
- ☐ 4 tablespoons butter unsalted divided
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 teaspoon pepper black
- ☐ 3 egg yolks

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ casserole dish
- ☐ colander

Directions

- ☐ Place potatoes in a medium to large pot (3 qt) and cover with a couple inches of cold water.
- ☐ Add a couple teaspoons of salt to the water. Bring to a simmer and cook until the potatoes are tender (the tines of a fork easily pierce), about 20–25 minutes.
- ☐ Melt butter, preheat oven: While the potatoes are boiling, melt 2 tablespoons of butter and set aside. You will use this butter to coat the potatoes right before they go in the oven. Preheat the oven to 425°.
- ☐ Drain potatoes and let them release steam: When the potatoes are cooked, drain in a colander and put the potatoes back in the pot set over low heat. Allow them to release steam for a minute or so.
- ☐ Mash with butter, then with spices and cream, then with salt and egg yolks:
- ☐ Add 2 tablespoons of butter and mash the potatoes until the butter has been incorporated.
- ☐ Add the nutmeg, black pepper, heavy cream and continue mashing the potatoes.
- ☐ Once everything is incorporated, add salt to taste and the egg yolks.
- ☐ Continue to mash until the mixture is smooth. Do not over-mash or your potatoes will end up with a gluey consistency.
- ☐ Pipe onto a baking sheet, brush with melted butter: Using a piping bag with a large star point, pipe the potatoes onto a cookie sheet. Alternatively, you can just fill a casserole dish with the mashed potatoes, and use a fork to create lots of peaks on the surface.
- ☐ The swirled edges from the star-point piping bag forms or the peaks of mashed potatoes in a casserole dish will brown nicely in the oven. The browned parts taste great, so you want to maximize them.
- ☐ Whether you make piped portions or a casserole, paint the potatoes with the melted butter.
- ☐ Bake in the 425°F oven until nicely browned, about 20 minutes.

Nutrition Facts



 **PROTEIN 7.74%**  **FAT 49.05%**  **CARBS 43.21%**

Properties

Glycemic Index:46.44, Glycemic Load:29.06, Inflammation Score:-6, Nutrition Score:14.978695537733%

Flavonoids

Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 370.34kcal (18.52%), Fat: 20.56g (31.63%), Saturated Fat: 12g (74.98%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 35.68g (12.97%), Sugar: 2.32g (2.58%), Cholesterol: 192.71mg (64.24%), Sodium: 219.5mg (9.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.61%), Vitamin C: 44.77mg (54.27%), Vitamin B6: 0.72mg (36.14%), Potassium: 990.82mg (28.31%), Fiber: 5.08g (20.32%), Manganese: 0.39mg (19.56%), Phosphorus: 194.57mg (19.46%), Vitamin A: 769.22IU (15.38%), Folate: 57.15µg (14.29%), Vitamin B1: 0.21mg (13.97%), Magnesium: 54.82mg (13.71%), Copper: 0.26mg (13.2%), Selenium: 8.84µg (12.63%), Iron: 2.18mg (12.14%), Vitamin B3: 2.41mg (12.07%), Vitamin B5: 1.13mg (11.32%), Vitamin B2: 0.18mg (10.42%), Vitamin D: 1.18µg (7.85%), Zinc: 1.02mg (6.82%), Vitamin K: 6.27µg (5.97%), Calcium: 59.27mg (5.93%), Vitamin E: 0.84mg (5.57%), Vitamin B12: 0.31µg (5.18%)