



Earthy Mashed Potatoes



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

Ingredients

- ☐ 2 lb potatoes (any kind)
- ☐ 1 teaspoon salt
- ☐ 0.3 cup butter unsalted
- ☐ 0.3 teaspoon pepper white
- ☐ 1 cup milk whole

Equipment

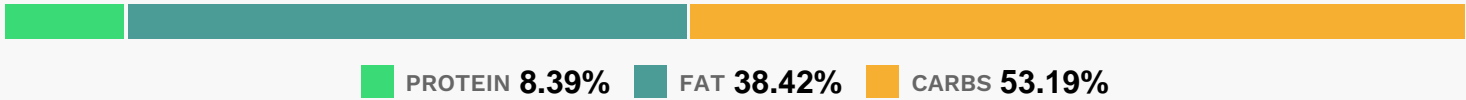
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave
- ☐ kitchen towels
- ☐ spatula
- ☐ tongs
- ☐ potato ricer

Directions

- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Wrap each potato in foil, then prick potatoes through foil several times with a fork.
- ☐ Bake potatoes until tender, 1 to 1 1/4 hours.
- ☐ Heat milk, butter, salt, and white pepper in a 3-quart heavy saucepan over moderate heat until butter is melted.
- ☐ While milk mixture heats, unwrap baked potatoes and, while still hot (use a kitchen towel to protect your hands or hold potatoes with tongs), pull off skin with a paring knife or halve unpeeled potatoes and scoop out flesh with a spoon, transferring it to a bowl. Discard skin.
- ☐ Force hot potatoes through ricer into hot milk mixture in pan and gently stir with a large heatproof rubber spatula just until combined.
- ☐ Mashed potatoes are best served immediately but can be made 1 day ahead. Reheat, covered, in a heavy saucepan over low heat with 1/4 cup additional milk, stirring after potatoes are warm, until heated through; or in a baking dish, covered, in a moderate oven; or in a microwave, stirring halfway through heating, about 2 minutes total.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:30.09, Inflammation Score:-6, Nutrition Score:13.791739173557%

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: 313.33kcal (15.67%), Fat: 13.67g (21.02%), Saturated Fat: 8.48g (53.01%), Carbohydrates: 42.56g (14.19%), Net Carbohydrates: 37.54g (13.65%), Sugar: 4.71g (5.24%), Cholesterol: 37.82mg (12.61%), Sodium: 619.72mg (26.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.43%), Vitamin C: 44.71mg (54.19%), Vitamin B6: 0.71mg (35.34%), Potassium: 1049.93mg (30%), Fiber: 5.02g (20.09%), Phosphorus: 194.51mg (19.45%), Manganese: 0.36mg (17.84%), Magnesium: 59.89mg (14.97%), Vitamin B1: 0.22mg (14.42%), Copper: 0.25mg (12.47%), Vitamin B3: 2.46mg (12.3%), Calcium: 106.34mg (10.63%), Iron: 1.79mg (9.97%), Vitamin B2: 0.16mg (9.51%), Folate: 36.73µg (9.18%), Vitamin A: 457.9IU (9.16%), Vitamin B5: 0.91mg (9.14%), Zinc: 0.92mg (6.16%), Vitamin D: 0.88µg (5.89%), Vitamin B12: 0.35µg (5.89%), Vitamin K: 5.49µg (5.22%), Selenium: 1.99µg (2.84%), Vitamin E: 0.38mg (2.55%)