



## Giada's Mashed Potatoes

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



562 kcal

SIDE DISH

### Ingredients

- 6 servings pepper black freshly ground
- 2 cloves garlic peeled smashed
- 6 servings kosher salt
- 0.5 cup chicken broth low-sodium
- 1 cup mascarpone cheese at room temperature
- 0.8 cup parmesan grated
- 4 pounds russet potatoes peeled chopped ( 5 large)
- 6 tablespoons butter unsalted cut into 1/2-inch pieces, at room temperature

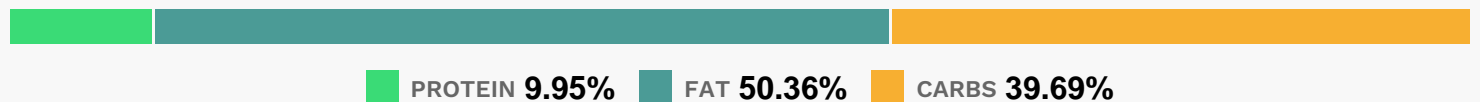
## Equipment

- bowl
- frying pan
- sauce pan
- potato masher
- colander

## Directions

- In a 5-quart saucepan, combine the potatoes, 2 tablespoons butter, the garlic, 1 teaspoon salt and enough cold water to cover. Bring to a boil over medium-high heat. Reduce the heat to a simmer and cook until the potatoes are tender, 15 to 20 minutes.
- Drain in a colander and remove the garlic cloves. Return the potatoes to the pan and, using a potato masher, mash the potatoes until smooth.
- Add the mascarpone, Parmesan, chicken broth, the remaining 4 tablespoons butter, 2 teaspoons salt and 1 teaspoon pepper to the potatoes. Stir over low heat until smooth and warmed through. Season with salt and pepper.
- Transfer to a bowl and serve.

## Nutrition Facts



## Properties

Glycemic Index:28.96, Glycemic Load:43.19, Inflammation Score:-7, Nutrition Score:15.9791304806%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 561.91kcal (28.1%), Fat: 31.83g (48.97%), Saturated Fat: 19.86g (124.12%), Carbohydrates: 56.43g (18.81%), Net Carbohydrates: 52.46g (19.08%), Sugar: 2.02g (2.24%), Cholesterol: 76.1mg (25.37%), Sodium: 437.41mg (19.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.15g (28.3%), Vitamin B6: 1.07mg (53.49%), Potassium: 1298.14mg (37.09%), Phosphorus: 264.02mg (26.4%), Manganese: 0.51mg (25.39%), Calcium:

246.33mg (24.63%), Vitamin C: 17.55mg (21.27%), Vitamin A: 976.15IU (19.52%), Magnesium: 75.95mg (18.99%), Vitamin B3: 3.45mg (17.24%), Vitamin B1: 0.26mg (17.04%), Copper: 0.33mg (16.61%), Fiber: 3.98g (15.91%), Iron: 2.78mg (15.42%), Folate: 43.68µg (10.92%), Vitamin B5: 0.99mg (9.9%), Vitamin B2: 0.15mg (9.01%), Zinc: 1.27mg (8.44%), Vitamin K: 6.82µg (6.49%), Selenium: 4.31µg (6.16%), Vitamin B12: 0.19µg (3.22%), Vitamin E: 0.38mg (2.56%), Vitamin D: 0.27µg (1.82%)