



Goat Cheese Mashed Potatoes with Beef Coffee Gravy

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



333 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter cut into large chunks
- ☐ 4 tablespoons butter
- ☐ 15 ounce beef broth canned
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup evaporated milk as needed plus more
- ☐ 4 ounces goat cheese
- ☐ 1 teaspoon hot-brewed coffee instant

- ☐ 2 pounds russet potatoes white peeled quartered
- ☐ 6 servings salt and pepper
- ☐ 6 servings salt and pepper white to taste
- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce

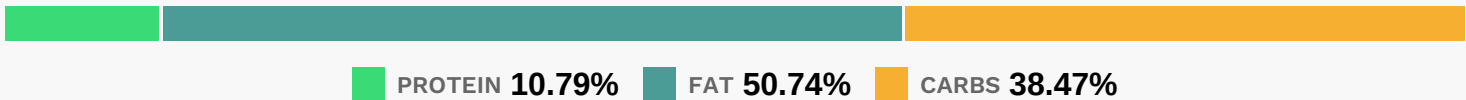
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Place potatoes in a large pot and cover with cold water. Bring to a boil over high heat. Reduce to a simmer and cook until fork tender, about 10 to 15 minutes.
- ☐ Drain potatoes and put them into a large mixing bowl. With a handheld mixer on low speed, break up potatoes.
- ☐ Add the goat cheese, butter, and 1/2 cup of evaporated milk and whip potatoes on medium speed.
- ☐ Add additional milk until desired consistency is reached. Season with salt and white pepper to taste.
- ☐ For Gravy: In a medium saucepan over high heat, bring the beef broth, Worcestershire sauce, and coffee to a boil. Reduce to a simmer. In a small bowl, dissolve the cornstarch in the water and add to broth mixture. Cook until the gravy has thickened to the consistency of cream.
- ☐ Whisk in butter 1 chunk at a time. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:30.79, Glycemic Load:21.49, Inflammation Score:-5, Nutrition Score:10.129565213038%

Nutrients (% of daily need)

Calories: 332.69kcal (16.63%), Fat: 19.1g (29.38%), Saturated Fat: 12.23g (76.45%), Carbohydrates: 32.57g (10.86%), Net Carbohydrates: 30.58g (11.12%), Sugar: 3.51g (3.9%), Cholesterol: 49.9mg (16.63%), Sodium: 893.25mg (38.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.23mg (1.74%), Protein: 9.14g (18.28%), Vitamin B6: 0.59mg (29.35%), Potassium: 769.96mg (22%), Phosphorus: 189.86mg (18.99%), Copper: 0.31mg (15.33%), Manganese: 0.27mg (13.49%), Vitamin A: 657.34IU (13.15%), Vitamin B2: 0.21mg (12.49%), Vitamin B3: 2.31mg (11.57%), Magnesium: 45.69mg (11.42%), Vitamin C: 9.39mg (11.38%), Calcium: 112.95mg (11.3%), Iron: 2mg (11.09%), Vitamin B1: 0.15mg (10.09%), Fiber: 1.99g (7.96%), Vitamin B5: 0.75mg (7.5%), Folate: 27.25µg (6.81%), Zinc: 0.8mg (5.32%), Vitamin K: 4.36µg (4.15%), Selenium: 2.39µg (3.41%), Vitamin E: 0.46mg (3.09%), Vitamin B12: 0.15µg (2.45%)