



## Golden Mashed Potatoes with Truffle Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



350 kcal

SIDE DISH

### Ingredients

- 6 tablespoons truffle butter at room temperature (see Note)
- 1.5 cups warm milk whole
- 10 servings pepper freshly ground
- 10 servings salt
- 4 tablespoons butter unsalted at room temperature
- 6.5 pounds yukon gold potatoes peeled cut into 4-inch chunks

### Equipment

- pot

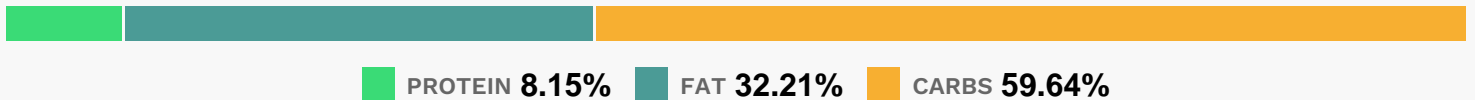
potato masher

colander

## Directions

- In a large pot, cover the potatoes with cold water and bring to a boil. Salt the water generously and boil the potatoes over moderately high heat until very tender, about 20 minutes.
- Drain the potatoes in a colander. Return them to the pot and shake the pot over moderately high heat until the potatoes are completely dry, about 1 minute.
- Remove from the heat.
- Using a potato masher, crush the potatoes in the pot.
- Add 3/4 cup of the milk and the unsalted butter and season with salt and pepper. Continue mashing until the potatoes are smooth.
- Add the remaining 3/4 cup of milk and the truffle butter to the potatoes and mash until thoroughly blended. Season again with salt and pepper and serve piping hot.
- Notes: Truffle butter is available at specialty food shops or by mail from Urbani USA (800-281-2330).

## Nutrition Facts



## Properties

Glycemic Index:20.38, Glycemic Load:38.37, Inflammation Score:-6, Nutrition Score:16.318260835565%

## Flavonoids

Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

## Nutrients (% of daily need)

Calories: 349.61kcal (17.48%), Fat: 12.79g (19.68%), Saturated Fat: 7.95g (49.71%), Carbohydrates: 53.29g (17.76%), Net Carbohydrates: 46.78g (17.01%), Sugar: 4.07g (4.52%), Cholesterol: 34.49mg (11.5%), Sodium: 280.04mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.57%), Vitamin C: 58.08mg (70.4%), Vitamin B6: 0.89mg (44.64%), Potassium: 1300.88mg (37.17%), Fiber: 6.51g (26.05%), Manganese: 0.47mg (23.3%), Phosphorus: 208.54mg (20.85%), Magnesium: 72.66mg (18.17%), Vitamin B1: 0.26mg (17.14%), Copper: 0.32mg

(16.06%), Vitamin B3: 3.15mg (15.77%), Iron: 2.31mg (12.85%), Folate: 47.61µg (11.9%), Vitamin B5: 1.03mg (10.26%), Vitamin B2: 0.15mg (8.81%), Calcium: 84.32mg (8.43%), Vitamin A: 415.6IU (8.31%), Zinc: 1.02mg (6.8%), Vitamin K: 6.86µg (6.53%), Vitamin B12: 0.22µg (3.69%), Vitamin D: 0.49µg (3.24%), Vitamin E: 0.37mg (2.49%), Selenium: 1.73µg (2.46%)