



## Holiday ONLY Mashed Potatoes



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



321 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup butter
- ☐ 1 cup heavy cream
- ☐ 5 pounds potatoes red peeled quartered
- ☐ 10 servings salt and pepper to taste

### Equipment

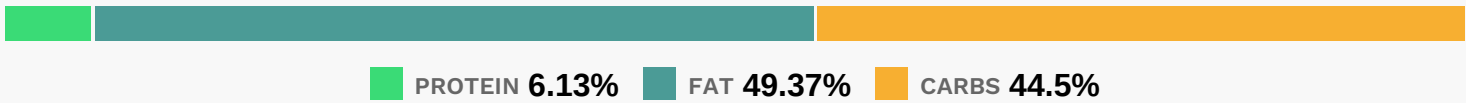
- ☐ pot
- ☐ blender
- ☐ potato masher

☐ potato ricer

## Directions

- ☐ Place potatoes in a large pot with enough water to cover. Bring to a boil, and cook until fork tender, about 20 minutes.
- ☐ Drain, add butter, and mash using a potato masher, ricer or mixer. Gradually beat in the heavy cream.
- ☐ Serve hot!

## Nutrition Facts



## Properties

Glycemic Index:5, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:10.807825987754%

## Flavonoids

Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

## Nutrients (% of daily need)

Calories: 321.06kcal (16.05%), Fat: 18.11g (27.87%), Saturated Fat: 11.39g (71.17%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 32.89g (11.96%), Sugar: 3.63g (4.03%), Cholesterol: 51.3mg (17.1%), Sodium: 314.02mg (13.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Potassium: 1057.3mg (30.21%), Vitamin C: 19.65mg (23.81%), Vitamin B6: 0.39mg (19.71%), Manganese: 0.32mg (16.03%), Phosphorus: 154.87mg (15.49%), Fiber: 3.86g (15.42%), Copper: 0.31mg (15.33%), Vitamin B3: 2.63mg (13.13%), Vitamin A: 649.37IU (12.99%), Magnesium: 51.79mg (12.95%), Vitamin B1: 0.19mg (12.6%), Folate: 42.12µg (10.53%), Iron: 1.68mg (9.35%), Vitamin K: 8.13µg (7.75%), Vitamin B5: 0.71mg (7.06%), Vitamin B2: 0.12mg (6.99%), Zinc: 0.82mg (5.44%), Calcium: 41.23mg (4.12%), Vitamin E: 0.5mg (3.37%), Selenium: 1.96µg (2.8%), Vitamin D: 0.38µg (2.54%)