



Homestyle Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2 pounds potatoes with yukon gold peeled quartered
- ☐ 1 teaspoon salt
- ☐ 0.5 cup whipping cream

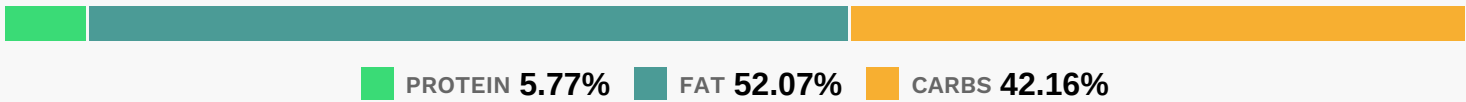
Equipment

- ☐ frying pan
- ☐ potato masher

Directions

- ☐ Cook potato in boiling water to cover 20 to 25 minutes or until very tender.
- ☐ Drain well, and return potato to pan.
- ☐ Add butter, and mash until butter melts, using a potato masher.
- ☐ Add cream, salt, and pepper; mash to desired texture.
- ☐ If you're unfamiliar with Yukon gold potatoes, there's a reason. Yukon golds are relatively new to North America; they were first introduced in 1980 ... lucky for us!
- ☐ Yukon gold potatoes are a yellow-fleshed potato, known for their buttery flavor and creamy texture. Quite versatile, they can be used for baking, broiling, or frying--but we particularly like them mashed.

Nutrition Facts



Properties

Glycemic Index:19.29, Glycemic Load:19.36, Inflammation Score:-6, Nutrition Score:8.7882608201193%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 252.28kcal (12.61%), Fat: 14.92g (22.95%), Saturated Fat: 6.18g (38.64%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 23.8g (8.65%), Sugar: 1.76g (1.96%), Cholesterol: 22.41mg (7.47%), Sodium: 491.23mg (21.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin C: 29.92mg (36.27%), Vitamin B6: 0.45mg (22.72%), Potassium: 661.65mg (18.9%), Fiber: 3.37g (13.47%), Manganese: 0.25mg (12.69%), Vitamin A: 633.81IU (12.68%), Phosphorus: 100.12mg (10.01%), Magnesium: 36.74mg (9.19%), Copper: 0.17mg (8.4%), Vitamin B1: 0.13mg (8.4%), Vitamin B3: 1.61mg (8.05%), Iron: 1.22mg (6.77%), Folate: 25.11µg (6.28%), Vitamin B2: 0.09mg (5.26%), Vitamin B5: 0.51mg (5.08%), Vitamin K: 3.78µg (3.6%), Calcium: 35.05mg (3.5%), Vitamin E: 0.49mg (3.28%), Zinc: 0.49mg (3.26%), Vitamin D: 0.32µg (2.12%), Selenium: 1.06µg (1.51%)