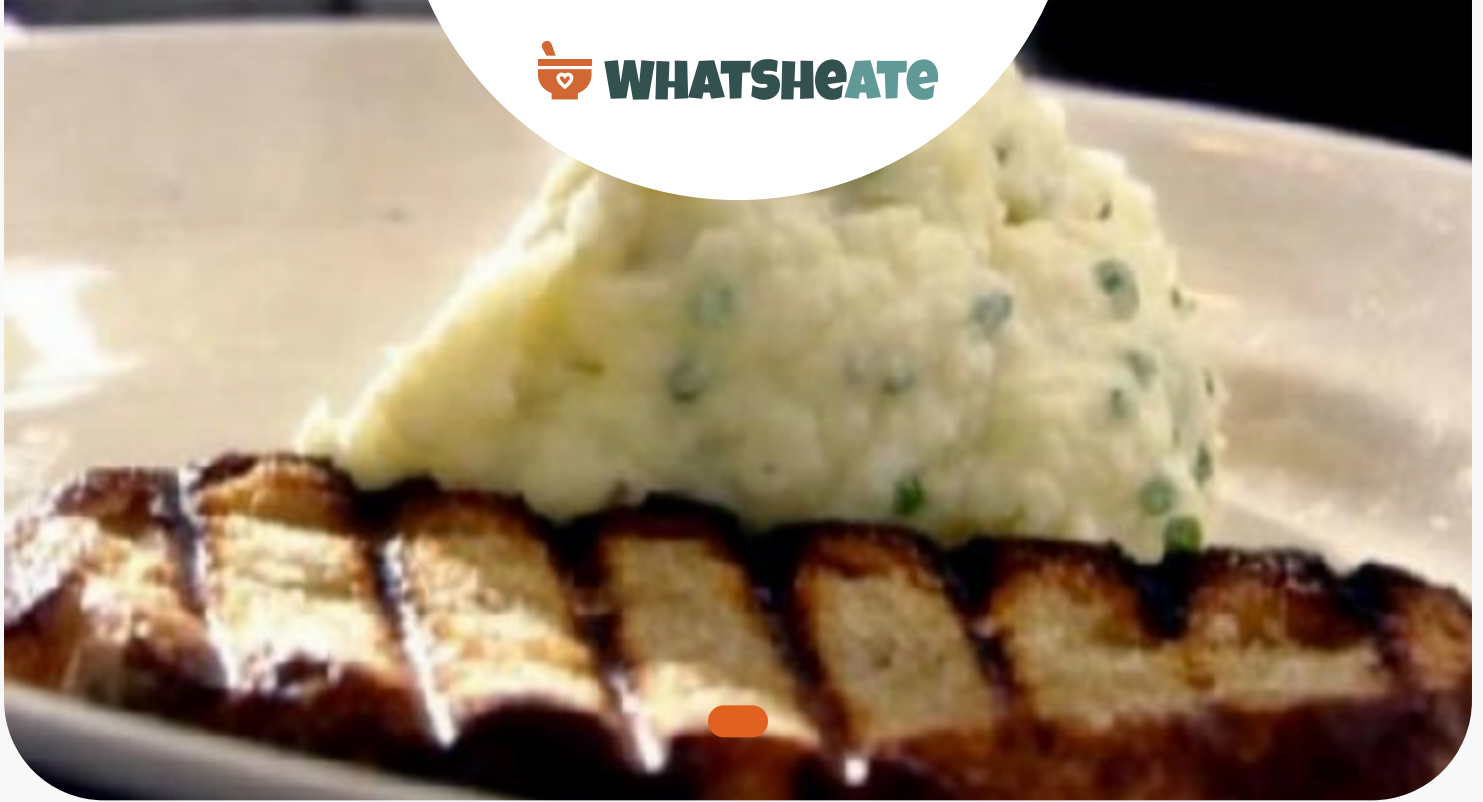




Horseradish Potato Puree



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



343 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 2 tablespoons chives chopped
- ☐ 3 cloves garlic smashed
- ☐ 2 cups heavy cream
- ☐ 4 tablespoons horseradish prepared
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 2 cups milk whole
- ☐ 6 large yukon gold potatoes

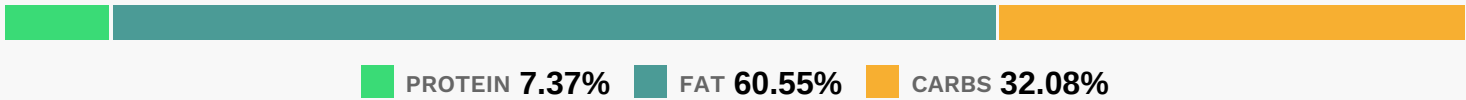
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ potato masher
- ☐ potato ricer

Directions

- ☐ Watch how to make this recipe.
- ☐ Wash and scrub potatoes well. Peel and cut them into same-size pieces so they cook evenly.
- ☐ Put them into a medium-sized pot and add the garlic, bay leaves, salt and pepper, to taste. Cover with the cream and milk and set over medium-high heat. Bring to a boil then reduce the heat to a simmer and cook until the potatoes are very tender, about 30 minutes. When cooked, discard the bay leaves and the drain potatoes, reserving the cooking liquid. Mash the potatoes with a potato masher using 1 1/2 cups of the cooking liquid; use more if necessary. Alternately, run the potatoes through a ricer or a food mill over a bowl and ladle in some of the cream mixture so they become creamy. Stir in the horseradish and chopped chives and season with salt and pepper, to taste.
- ☐ Transfer to a serving bowl and serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.97, Glycemic Load:17.72, Inflammation Score:-7, Nutrition Score:11.458260899005%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 342.91kcal (17.15%), Fat: 23.61g (36.33%), Saturated Fat: 14.86g (92.9%), Carbohydrates: 28.15g (9.38%), Net Carbohydrates: 25.02g (9.1%), Sugar: 6.29g (6.99%), Cholesterol: 74.56mg (24.85%), Sodium: 78.63mg (3.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.93%), Vitamin C: 28.14mg (34.11%), Vitamin B6: 0.46mg (22.77%), Potassium: 711.44mg (20.33%), Vitamin A: 1011.01IU (20.22%), Phosphorus: 173.46mg (17.35%), Vitamin B2: 0.24mg (14.18%), Calcium: 137.18mg (13.72%), Fiber: 3.13g (12.51%), Manganese: 0.24mg (12.2%), Magnesium: 43.63mg (10.91%), Vitamin D: 1.62µg (10.82%), Vitamin B1: 0.15mg (10.11%), Copper: 0.16mg (7.76%), Vitamin B5: 0.77mg (7.74%), Vitamin B3: 1.49mg (7.45%), Vitamin B12: 0.42µg (7.08%), Folate: 27.94µg (6.98%), Iron: 1.14mg (6.32%), Vitamin K: 6.39µg (6.08%), Zinc: 0.84mg (5.63%), Selenium: 3.71µg (5.3%), Vitamin E: 0.59mg (3.97%)