



Mascarpono Chive Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



384 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch chives snipped (1-in. diameter)
- ☐ 4 bay leaves dried
- ☐ 10 servings kosher salt
- ☐ 12 ounces mascarpone cheese
- ☐ 2.3 cups milk
- ☐ 5.5 pounds russet potatoes peeled cut in chunks
- ☐ 0.3 teaspoon pepper white

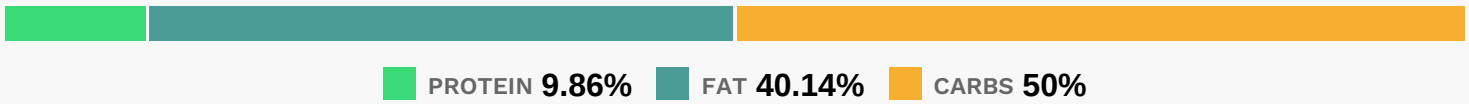
Equipment

- ☐ whisk
- ☐ pot
- ☐ blender

Directions

- ☐ Simmer potatoes with bay leaves in a large pot of salted water until falling apart when poked, 20 to 25 minutes. Meanwhile, in a medium pot, whisk milk and mascarpone.
- ☐ Heat over low heat until simmering. Stir in pepper; keep warm.
- ☐ Drain potatoes, discarding bay leaves. Return to pot over very low heat and cook, stirring, until dried and crumbling.
- ☐ Remove from heat. Beat with a mixer until smooth. Beat in mascarpone milk, a third at a time. Stir in chives and season with salt.

Nutrition Facts



Properties

Glycemic Index:16.77, Glycemic Load:36.43, Inflammation Score:-6, Nutrition Score:12.833912925876%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 383.51kcal (19.18%), Fat: 17.27g (26.57%), Saturated Fat: 10.61g (66.33%), Carbohydrates: 48.41g (16.14%), Net Carbohydrates: 45.13g (16.41%), Sugar: 4.19g (4.66%), Cholesterol: 40.61mg (13.54%), Sodium: 245.86mg (10.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.08%), Vitamin B6: 0.9mg (44.77%), Potassium: 1124.14mg (32.12%), Manganese: 0.4mg (20.06%), Phosphorus: 193.03mg (19.3%), Vitamin C: 14.48mg (17.55%), Magnesium: 64.23mg (16.06%), Vitamin B1: 0.24mg (15.71%), Calcium: 148.54mg (14.85%), Vitamin B3: 2.64mg (13.22%), Fiber: 3.28g (13.11%), Copper: 0.26mg (12.95%), Iron: 2.18mg (12.1%), Vitamin A: 587.59IU (11.75%), Vitamin B5: 0.96mg (9.57%), Vitamin B2: 0.16mg (9.34%), Folate: 35.42µg (8.86%), Zinc: 0.95mg (6.36%), Vitamin K: 5.51µg (5.25%), Vitamin B12: 0.3µg (4.94%), Vitamin D: 0.6µg (4.03%), Selenium: 2.05µg (2.93%)