



Mashed Potato Cloud



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



312 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter cut into small chunks
- ☐ 6 cloves garlic peeled
- ☐ 7 pounds russet potatoes
- ☐ 12 servings salt and pepper white
- ☐ 0.8 cup whipping cream

Equipment

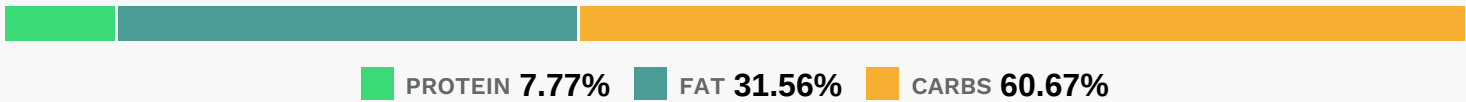
- ☐ bowl
- ☐ frying pan

- ☐ whisk
- ☐ hand mixer

Directions

- ☐ In an 8- to 10-quart pan over high heat, bring 1 1/2 quarts water to a boil. Peel potatoes and cut into 1-inch chunks.
- ☐ Add potatoes and garlic to boiling water; cover and return to a boil, then reduce heat to medium and simmer until potatoes mash easily, 12 to 15 minutes.
- ☐ Drain and pour into the bowl of a heavy-duty electric mixer fitted with a wire whisk, or return to pan.
- ☐ Add butter and 1/2 cup cream. Beat with electric mixer on medium speed, or by hand with a heavy-duty whisk, just until smooth. If mixture is stiffer than you like, beat in more cream until potatoes reach desired consistency.
- ☐ Add salt and pepper to taste.
- ☐ Scrape into a serving bowl.

Nutrition Facts



Properties

Glycemic Index:13.73, Glycemic Load:37.75, Inflammation Score:-5, Nutrition Score:12.023043570311%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 312.03kcal (15.6%), Fat: 11.27g (17.33%), Saturated Fat: 7.09g (44.31%), Carbohydrates: 48.74g (16.25%), Net Carbohydrates: 45.26g (16.46%), Sugar: 2.09g (2.33%), Cholesterol: 31.86mg (10.62%), Sodium: 256.3mg (11.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Vitamin B6: 0.94mg (46.84%), Potassium: 1125.23mg (32.15%), Manganese: 0.44mg (22.06%), Vitamin C: 15.64mg (18.96%), Phosphorus: 158.13mg (15.81%), Magnesium: 62.42mg (15.6%), Vitamin B1: 0.22mg (14.89%), Copper: 0.28mg (13.94%), Fiber: 3.47g (13.88%), Vitamin B3: 2.76mg (13.81%), Iron: 2.32mg (12.88%), Folate: 37.89µg (9.47%), Vitamin B5: 0.85mg (8.51%), Vitamin A: 396.37IU (7.93%), Vitamin B2: 0.12mg (7.02%), Zinc: 0.83mg (5.51%), Vitamin K: 5.75µg (5.48%), Calcium: 48.73mg (4.87%), Selenium: 1.79µg (2.55%), Vitamin E: 0.33mg (2.18%), Vitamin D: 0.24µg (1.59%)