

Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 8 servings cream gravy
- ☐ 0.8 cup milk
- ☐ 8 servings paprika
- ☐ 9 medium potatoes cleaned peeled
- ☐ 1 teaspoon salt

Equipment

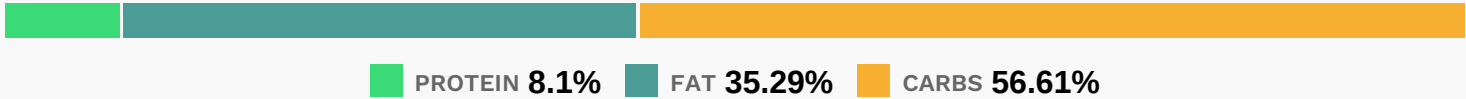
- ☐ bowl

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Cut potatoes into quarters.
- ☐ Combine potatoes and boiling water to cover in a large Dutch oven. Cover and cook over medium heat 20 minutes or until tender.
- ☐ Drain potatoes, and return to Dutch oven. Cook over low heat, stirring constantly, until potatoes are dry.
- ☐ Remove from heat; set aside.
- ☐ Combine milk and butter in a small saucepan. Cook over medium heat, stirring constantly, until butter melts.
- ☐ Mash potatoes until smooth. Gradually add milk mixture; stir well. Stir in salt.
- ☐ Transfer potatoes to a serving bowl; sprinkle with paprika.
- ☐ Serve warm with Cream Gravy.

Nutrition Facts



Properties

Glycemic Index:17.09, Glycemic Load:31.11, Inflammation Score:-8, Nutrition Score:15.329130359318%

Flavonoids

Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 305.88kcal (15.29%), Fat: 12.33g (18.97%), Saturated Fat: 5.17g (32.28%), Carbohydrates: 44.5g (14.83%), Net Carbohydrates: 38.53g (14.01%), Sugar: 3.61g (4.02%), Cholesterol: 19.69mg (6.57%), Sodium: 386.06mg (16.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Vitamin C: 47.33mg (57.37%), Vitamin B6: 0.77mg (38.48%), Potassium: 1106.02mg (31.6%), Vitamin A: 1501.17IU (30.02%), Fiber: 5.97g (23.88%), Manganese: 0.4mg (20.01%), Phosphorus: 176.3mg (17.63%), Magnesium: 62.69mg (15.67%), Vitamin B1: 0.21mg (14.32%), Vitamin B3: 2.76mg (13.81%), Copper: 0.28mg (13.76%), Iron: 2.31mg (12.83%), Folate: 39.99µg (10%), Vitamin B2: 0.16mg (9.63%), Vitamin B5: 0.89mg (8.89%), Calcium: 73.68mg (7.37%), Vitamin E: 0.98mg (6.5%),

Vitamin K: 6.71µg (6.39%), Zinc: 0.91mg (6.08%), Vitamin D: 0.49µg (3.28%), Vitamin B12: 0.15µg (2.58%), Selenium: 1.73µg (2.47%)