



Mashed Potatoes



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



415 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 2 tablespoons chives chopped
- ☐ 4 pounds golden creamer potatoes peeled cut into quarters
- ☐ 2 cups heavy cream
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons butter unsalted

Equipment

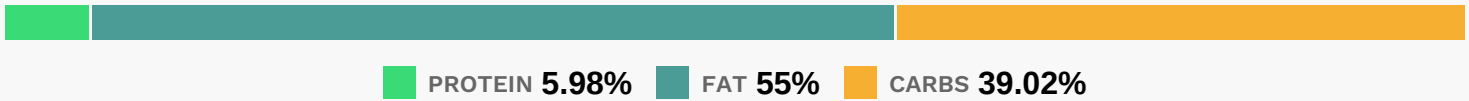
- ☐ bowl

- ☐ sauce pan
- ☐ pot
- ☐ potato ricer

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the potatoes into a large pot, add the bay leaf, 2 tablespoons salt, and cover with cold water. Bring to a boil over medium-high heat and cook until the potatoes are tender, about 20 minutes.
- ☐ Drain them well and remove the bay leaf. Meanwhile, heat the cream and butter in a small saucepan.
- ☐ Put the potatoes through a ricer or food mill into a bowl.
- ☐ Add the hot cream and season with salt and pepper.
- ☐ Mix together with a spoon and add the chives.

Nutrition Facts



Properties

Glycemic Index:20.09, Glycemic Load:29.02, Inflammation Score:-7, Nutrition Score:14.057826062907%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 415.09kcal (20.75%), Fat: 25.95g (39.93%), Saturated Fat: 16.44g (102.77%), Carbohydrates: 41.42g (13.81%), Net Carbohydrates: 36.38g (13.23%), Sugar: 3.52g (3.92%), Cholesterol: 78.52mg (26.17%), Sodium: 30.3mg (1.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.7%), Vitamin C: 45.48mg (55.12%), Vitamin B6: 0.69mg (34.58%), Potassium: 1016.21mg (29.03%), Vitamin A: 1044.35IU (20.89%), Fiber: 5.04g (20.15%), Manganese: 0.36mg (18.22%), Phosphorus: 165.65mg (16.57%), Magnesium: 56.93mg (14.23%), Vitamin B1: 0.19mg (12.95%), Copper: 0.25mg (12.74%), Vitamin B3: 2.44mg (12.18%), Vitamin B2: 0.19mg (11.02%), Iron: 1.86mg (10.31%), Folate: 39.65µg (9.91%), Vitamin B5: 0.83mg (8.33%), Vitamin K: 8.34µg (7.94%), Calcium: 68.98mg (6.9%), Vitamin D: 1.03µg (6.87%), Zinc: 0.81mg (5.41%), Vitamin E: 0.69mg (4.63%), Selenium: 2.53µg

(3.61%), Vitamin B12: 0.1µg (1.74%)