



Mashed Potatoes

READY IN



60 min.

SERVINGS



8

CALORIES



462 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon unseasoned breadcrumbs
- ☐ 1 stick butter for baking dish cut into slices, plus 1 additional tablespoon butter
- ☐ 1 cup heavy cream
- ☐ 4.5 pounds idaho russet potatoes peeled cut into 1-inch chunks see cook's note
- ☐ 8 servings kosher salt
- ☐ 0.8 cup parmesan cheese grated
- ☐ 0.8 cup milk whole

Equipment

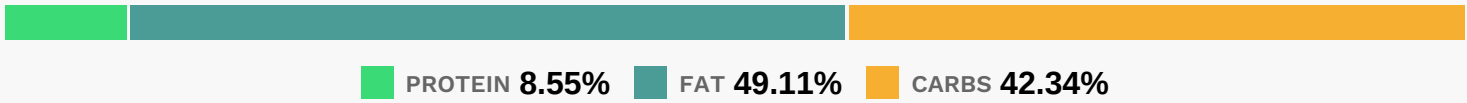
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ hand mixer
- ☐ spatula
- ☐ colander

Directions

- ☐ Special equipment: 13 by 9 by 2-inch baking dish
- ☐ Preheat the oven to 375 degrees F.
- ☐ In a large pot, add the potatoes and cover amply with cold water. Bring the water up to a boil and reduce to a simmer.
- ☐ Add a generous pinch of salt to the water and allow the potatoes to cook until tender when pierced with the tip of a knife, 15 to 20 minutes.
- ☐ Pour the water and potatoes into a colander placed in the sink to drain off all of the water. Return the same pot to the heat and add the milk. Bring the milk to a simmer and gingerly add the potatoes back into the pot. Season with salt.
- ☐ Whisk in the stick of butter.
- ☐ Whisk until all of the ingredients meld together. Taste for seasoning.
- ☐ Remove from the heat.
- ☐ Use the remaining 1 tablespoon butter to "grease" the sides and bottom of the baking dish.
- ☐ Add in the breadcrumbs and roll them around inside the dish so it creates a butter/breadcrumb topping.
- ☐ Using a whisk (or an electric mixer fitted with the whisk attachment), whip the heavy cream until fairly firm. Season with salt.
- ☐ With a rubber spatula, gently fold the whipped cream and about 1/2 cup Parmesan cheese into the mashed potatoes. Taste for seasoning.
- ☐ Transfer the potatoes to a baking dish and top with remaining Parmesan.

- ☐
- Place in the center of the oven and bake, undisturbed, for 15 to 20 minutes. The top should be light brown from the cheese and the potatoes hot.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.59, Glycemic Load:36.67, Inflammation Score:-7, Nutrition Score:14.604347519253%

Nutrients (% of daily need)

Calories: 462.12kcal (23.11%), Fat: 25.82g (39.73%), Saturated Fat: 16.06g (100.39%), Carbohydrates: 50.09g (16.7%), Net Carbohydrates: 46.72g (16.99%), Sugar: 3.64g (4.05%), Cholesterol: 74.89mg (24.96%), Sodium: 487.31mg (21.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.12g (20.23%), Vitamin B6: 0.91mg (45.71%), Potassium: 1149.66mg (32.85%), Phosphorus: 245.58mg (24.56%), Manganese: 0.42mg (21.09%), Vitamin A: 911.01IU (18.22%), Vitamin C: 14.72mg (17.84%), Calcium: 169.61mg (16.96%), Magnesium: 67.62mg (16.9%), Vitamin B1: 0.24mg (16.22%), Vitamin B3: 2.78mg (13.9%), Copper: 0.27mg (13.67%), Fiber: 3.37g (13.49%), Iron: 2.33mg (12.95%), Vitamin B2: 0.21mg (12.58%), Vitamin B5: 0.98mg (9.82%), Folate: 39.23µg (9.81%), Zinc: 1.34mg (8.95%), Selenium: 6.09µg (8.69%), Vitamin K: 6.84µg (6.52%), Vitamin B12: 0.33µg (5.43%), Vitamin D: 0.77µg (5.16%), Vitamin E: 0.69mg (4.58%)