



Mashed Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



12 kcal

SIDE DISH

Ingredients

- ☐ 3 servings yukon gold potatoes good (any kind are ; we like Yukon gold)
- ☐ 1 teaspoon salt
- ☐ 3 servings salt and pepper to taste
- ☐ 3 tablespoons potatoes per pound of potatoes)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven

- ☐ pot
- ☐ blender
- ☐ potato masher
- ☐ aluminum foil
- ☐ colander
- ☐ potato ricer

Directions

- ☐ Peel potatoes, and cut them into 2- inch pieces.
- ☐ Place them in a bowl covered with cold water, and soak for 10 minutes to remove starchiness; drain.
- ☐ Fill a large stockpot about three-quarters full with water, and bring to a boil.
- ☐ Add potatoes and 1 teaspoon salt; cook until tender (about 18 minutes).
- ☐ Drain thoroughly in a colander. To further remove moisture (no one wants watery mashed potatoes), return potatoes to the pot on medium to high heat for a minute or two, turning them constantly so they don't burn.
- ☐ For the smoothest results, put them through a ricer. If you don't have one, apply a lot of elbow grease to a potato masher. Do not mash them in a food processor or blender; it ruins the fluffy texture.
- ☐ Add 3 tablespoons schmaltz per pound of potatoes, and season with salt and pepper to taste.
- ☐ Sautéed finely chopped onion or roasted garlic. For the latter, preheat oven to 350 degrees, chop tip off garlic head to expose cloves, and pull off loose peel.
- ☐ Drizzle with 1 tablespoon olive oil, sprinkle with fresh pepper, and bake, wrapped in tin foil, for 45 minutes. Squeeze garlic head to release cloves, mash them up, and mix them into the potatoes. Alternately, you can simply sauté large chunks of garlic in olive oil.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



PROTEIN 10.26% **FAT 1.03%** **CARBS 88.71%**

Properties

Glycemic Index:55.83, Glycemic Load:2.02, Inflammation Score:-1, Nutrition Score:0.78999999408489%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 12.16kcal (0.61%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.03%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2.41g (0.88%), Sugar: 0.12g (0.14%), Cholesterol: 0mg (0%), Sodium: 969.9mg (42.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin C: 3.11mg (3.77%), Vitamin B6: 0.05mg (2.33%), Potassium: 66.66mg (1.9%), Fiber: 0.35g (1.39%), Manganese: 0.03mg (1.33%)