

# Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

SIDE DISH

## Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 4 tablespoons butter at room temperature
- ☐ 2 pounds baking potatoes peeled cut into 1-inch chunks (3 large)
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 cup milk

## Equipment

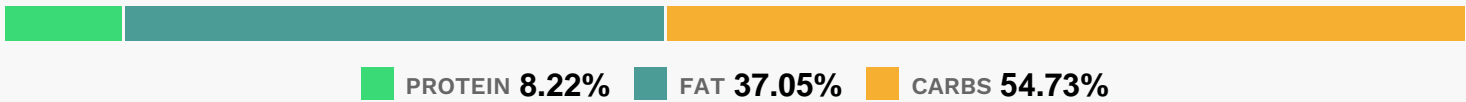
- ☐ food processor
- ☐ frying pan

- ☐ sauce pan
- ☐ hand mixer
- ☐ skewers

## Directions

- ☐ Place the potatoes in a large saucepan with enough lightly salted water to cover. Bring to a boil, reduce heat to low, cover, and simmer 12 to 15 minutes or until the potatoes feel tender when pierced with a wooden skewer.
- ☐ Drain and return to pan.
- ☐ Shake over low heat to dry slightly. Using an electric mixer (never a food processor, which makes potatoes gluey), beat the potatoes until smooth.
- ☐ Add the butter in small pieces with the salt and pepper and beat until melted.
- ☐ Add the milk, 1/4 cup at a time, beating until smooth.
- ☐ If you want to add some variety to your mashed potatoes, mix in any of the following: 3 tablespoons pesto; 4-ounces soft goat cheese and 2 tablespoons minced scallions; 1 head Roasted Garlic; 6 sun-dried tomatoes in oil, minced; 1/2 pound kale or cabbage, cooked and chopped, and 1 to 2 tablespoons finely chopped horseradish.

## Nutrition Facts



## Properties

Glycemic Index:34.13, Glycemic Load:22.05, Inflammation Score:-4, Nutrition Score:7.6469565370808%

## Nutrients (% of daily need)

Calories: 204.92kcal (10.25%), Fat: 8.67g (13.34%), Saturated Fat: 5.41g (33.78%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 26.82g (9.75%), Sugar: 2.41g (2.68%), Cholesterol: 23.73mg (7.91%), Sodium: 176.08mg (7.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.65%), Vitamin B6: 0.54mg (27.04%), Potassium: 679.83mg (19.42%), Manganese: 0.25mg (12.58%), Phosphorus: 116.36mg (11.64%), Vitamin C: 8.62mg (10.45%), Magnesium: 38.8mg (9.7%), Vitamin B1: 0.14mg (9.44%), Vitamin B3: 1.6mg (8.01%), Fiber: 1.99g (7.96%), Copper: 0.16mg (7.87%), Iron: 1.31mg (7.29%), Calcium: 59.91mg (5.99%), Vitamin B5: 0.58mg (5.81%), Vitamin A: 284.71IU (5.69%), Vitamin B2: 0.1mg (5.61%), Folate: 21.46µg (5.37%), Zinc: 0.57mg (3.82%), Vitamin K: 3.63µg (3.46%), Vitamin B12: 0.18µg (3.01%), Vitamin D: 0.34µg (2.24%), Selenium: 1.28µg (1.83%), Vitamin E: 0.25mg (1.65%)