



Mashed Potatoes with Bay

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baking potatoes peeled cut into 3/4-inch pieces
- ☐ 2 bay leaves
- ☐ 0.3 cup butter
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water

Equipment

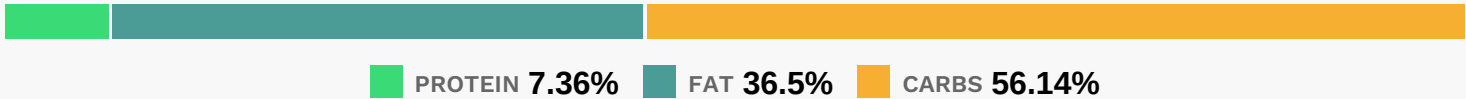
- ☐ bowl

- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Combine first 3 ingredients in a medium saucepan. Bring to a boil; cover, reduce heat, and simmer 15 to 20 minutes or until potato is tender.
- ☐ Remove and discard bay leaves.
- ☐ Drain potato, reserving 1/4 cup cooking liquid.
- ☐ Combine potato, reserved liquid, butter, milk, and salt in a medium bowl. Beat at medium speed of an electric mixer until fluffy.

Nutrition Facts



Properties

Glycemic Index:30.69, Glycemic Load:32.5, Inflammation Score:-6, Nutrition Score:10.620869584706%

Nutrients (% of daily need)

Calories: 290.48kcal (14.52%), Fat: 12.09g (18.61%), Saturated Fat: 2.71g (16.96%), Carbohydrates: 41.86g (13.95%), Net Carbohydrates: 38.9g (14.14%), Sugar: 2.14g (2.38%), Cholesterol: 1.83mg (0.61%), Sodium: 447.53mg (19.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.97%), Vitamin B6: 0.79mg (39.69%), Potassium: 974.9mg (27.85%), Manganese: 0.36mg (18.08%), Vitamin C: 12.98mg (15.73%), Phosphorus: 143.46mg (14.35%), Magnesium: 55.67mg (13.92%), Vitamin B1: 0.2mg (13.06%), Copper: 0.25mg (12.66%), Fiber: 2.96g (11.85%), Vitamin B3: 2.37mg (11.84%), Iron: 1.97mg (10.97%), Vitamin A: 537.55IU (10.75%), Folate: 31.98µg (8%), Vitamin B5: 0.75mg (7.51%), Vitamin B2: 0.1mg (5.96%), Calcium: 56.64mg (5.66%), Zinc: 0.73mg (4.9%), Vitamin K: 4.13µg (3.93%), Vitamin E: 0.47mg (3.13%), Selenium: 1.2µg (1.71%), Vitamin B12: 0.1µg (1.61%), Vitamin D: 0.17µg (1.12%)