



Mashed Potatoes with Brown Butter, Goat Cheese, and Sage



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds yukon gold potatoes peeled quartered
- ☐ 1 teaspoon salt
- ☐ 3 Tbsp butter
- ☐ 1 teaspoon sage fresh chopped
- ☐ 4 ounces goat cheese
- ☐ 3 Tbsp milk
- ☐ 4 servings bell pepper

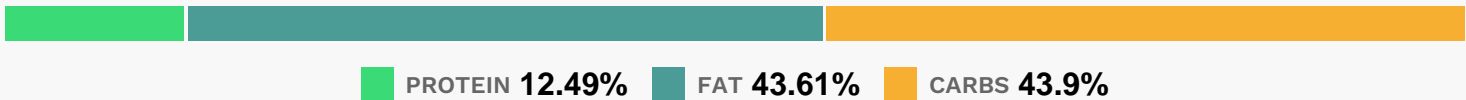
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ potato masher

Directions

- ☐ Place the potatoes and salt in a pot and fill the pot with cold water until the potatoes are covered.
- ☐ Bring to a boil over high heat, then lower the heat and simmer for 15–20 minutes or until a fork easily pierces the potatoes.
- ☐ Drain the water from the potatoes.
- ☐ Brown the butter:
- ☐ Place the butter in a small saucepan over low heat. (Use a stainless steel saucepan so you can see the butter browning.)
- ☐ Let the butter melt and continue to watch it as it cooks. The butter will foam for a bit and then calm down.
- ☐ After a few minutes, flecks of brown will appear at the bottom of the pan. When you see this, and the melted butter takes on a nutty aroma, take it off the heat. (See How to Brown Butter.)
- ☐ Add the chopped sage to the butter (it may cause some foaming).
- ☐ Pour over the potatoes.
- ☐ Add the goat cheese and milk and mash the potatoes with a potato masher until smooth and all ingredients are well incorporated. Salt and pepper to taste and serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.94, Glycemic Load:22.89, Inflammation Score:-9, Nutrition Score:22.423043515371%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 309.03kcal (15.45%), Fat: 15.38g (23.65%), Saturated Fat: 9.92g (61.98%), Carbohydrates: 34.83g (11.61%), Net Carbohydrates: 29.48g (10.72%), Sugar: 5.26g (5.84%), Cholesterol: 37.29mg (12.43%), Sodium: 771.66mg (33.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.81%), Vitamin C: 128.87mg (156.21%), Copper: 1.92mg (96%), Vitamin A: 2913.22IU (58.26%), Vitamin B6: 0.8mg (39.83%), Potassium: 902.36mg (25.78%), Fiber: 5.34g (21.37%), Manganese: 0.42mg (21.19%), Phosphorus: 203mg (20.3%), Folate: 65.21µg (16.3%), Vitamin B2: 0.25mg (14.43%), Magnesium: 55.03mg (13.76%), Vitamin B1: 0.2mg (13.63%), Vitamin B3: 2.66mg (13.3%), Iron: 2.25mg (12.49%), Vitamin E: 1.5mg (9.99%), Vitamin B5: 0.99mg (9.86%), Calcium: 85.35mg (8.53%), Vitamin K: 8.17µg (7.78%), Zinc: 1.01mg (6.71%), Selenium: 1.7µg (2.43%), Vitamin B12: 0.13µg (2.21%), Vitamin D: 0.24µg (1.58%)