



Mashed Potatoes with Caramelized Shallots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



385 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup buttermilk
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup heavy cream
- ☐ 8 servings kosher salt and pepper
- ☐ 1 tablespoon olive oil
- ☐ 5 medium shallots
- ☐ 8 tablespoons butter unsalted cut into pieces 1 stick
- ☐ 5 pounds yukon gold potatoes white peeled cut into 2-inch pieces

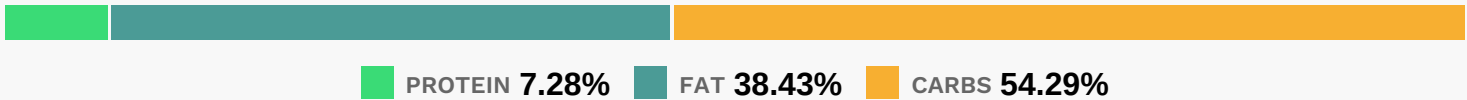
Equipment

- ☐ frying pan
- ☐ pot
- ☐ double boiler

Directions

- ☐ Place the potatoes in a large pot and cover with cold water. Bring to a boil and add 2 1/2 tablespoons salt. Reduce heat and simmer until just tender, about 15 minutes. While the potatoes are simmering, peel and thinly slice 5 medium shallots.
- ☐ Heat 1 tablespoon olive oil in a medium skillet over medium heat.
- ☐ Add the shallots and cook, stirring occasionally, until soft and golden brown, about 15 minutes.
- ☐ Drain the potatoes and return to the pot.
- ☐ Add the butter, buttermilk, cream, nutmeg, 1/2 teaspoon salt, and 3/4 teaspoon pepper. Mash the potatoes with a handheld masher. Fold the shallots into the mashed potatoes before transferring to a serving dish.
Make-Ahead Note: The potatoes can be made up to 2 hours in advance and kept warm in a double boiler or Crock-Pot. If the potatoes are chilled and then reheated, they will turn dry and pasty.

Nutrition Facts



Properties

Glycemic Index:26.84, Glycemic Load:37.25, Inflammation Score:-7, Nutrition Score:16.513043351795%

Flavonoids

Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 384.96kcal (19.25%), Fat: 16.83g (25.89%), Saturated Fat: 9.66g (60.4%), Carbohydrates: 53.5g (17.83%), Net Carbohydrates: 46.75g (17%), Sugar: 4.78g (5.31%), Cholesterol: 40.98mg (13.66%), Sodium: 239.89mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.35%), Vitamin C: 57.15mg (69.27%), Vitamin B6: 0.9mg (45.07%), Potassium: 1286.78mg (36.77%), Fiber: 6.75g (27%), Manganese: 0.48mg (24.16%),

Phosphorus: 197.9mg (19.79%), Magnesium: 71.66mg (17.91%), Vitamin B1: 0.25mg (16.61%), Copper: 0.33mg (16.47%), Vitamin B3: 3.05mg (15.25%), Iron: 2.43mg (13.5%), Folate: 52.56µg (13.14%), Vitamin A: 502.67IU (10.05%), Vitamin B5: 1mg (10.04%), Vitamin B2: 0.15mg (8.9%), Vitamin K: 7.85µg (7.48%), Calcium: 74.2mg (7.42%), Zinc: 1mg (6.68%), Vitamin E: 0.7mg (4.64%), Vitamin D: 0.62µg (4.14%), Selenium: 2.24µg (3.19%), Vitamin B12: 0.14µg (2.32%)