



Mashed Potatoes with Fennel



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter softened
- ☐ 3 pounds fennel bulb
- ☐ 1.5 cups half-and-half
- ☐ 1 teaspoon salt
- ☐ 1.5 pounds yukon gold potatoes cubed peeled (4 medium)

Equipment

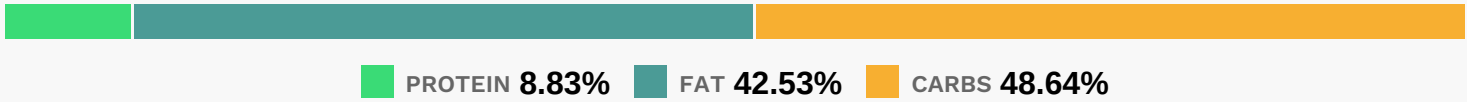
- ☐ food processor

- ☐ sauce pan
- ☐ blender
- ☐ hand mixer
- ☐ potato masher

Directions

- ☐ Trim bases from fennel bulbs; reserve fronds for garnish.
- ☐ Cut each bulb in half through base.
- ☐ Cut out core from each half. Slice fennel lengthwise into 1/4" slices; cut slices in half crosswise.
- ☐ Combine fennel and half-and-half in a medium saucepan. Bring to a boil; reduce heat, and simmer 25 to 30 minutes or until fennel is very soft.
- ☐ Drain fennel, reserving cooking liquid.
- ☐ Place fennel and 2 tablespoons cooking liquid in a blender or food processor; process 30 to 45 seconds or until smooth.
- ☐ Meanwhile, bring potato and water to cover to a boil in a large saucepan; cook 15 to 20 minutes or until tender.
- ☐ Drain potatoes, and return to saucepan.
- ☐ Add butter, fennel puree, salt, and pepper; mash well with a potato masher or hand mixer until smooth. For creamier potatoes, add reserved cooking liquid, 1 tablespoon at a time, to desired texture.
- ☐ Garnish with chopped fennel fronds, if desired.

Nutrition Facts



Properties

Glycemic Index:52.69, Glycemic Load:28.22, Inflammation Score:-8, Nutrition Score:30.058695471805%

Flavonoids

Eriodictyol: 3.67mg, Eriodictyol: 3.67mg, Eriodictyol: 3.67mg, Eriodictyol: 3.67mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 457.67kcal (22.88%), Fat: 22.78g (35.05%), Saturated Fat: 14.03g (87.66%), Carbohydrates: 58.62g (19.54%), Net Carbohydrates: 44.27g (16.1%), Sugar: 18.45g (20.5%), Cholesterol: 62.27mg (20.76%), Sodium: 915.11mg (39.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.64g (21.28%), Vitamin K: 219.46µg (209.01%), Vitamin C: 75.15mg (91.09%), Potassium: 2251.15mg (64.32%), Fiber: 14.35g (57.41%), Manganese: 0.94mg (47.22%), Phosphorus: 357.07mg (35.71%), Vitamin B6: 0.71mg (35.41%), Folate: 122.26µg (30.56%), Calcium: 289.08mg (28.91%), Magnesium: 106.76mg (26.69%), Vitamin A: 1136.43IU (22.73%), Iron: 3.89mg (21.6%), Copper: 0.42mg (21.01%), Vitamin B3: 4.08mg (20.39%), Vitamin B2: 0.34mg (20.27%), Vitamin E: 2.55mg (16.99%), Vitamin B5: 1.57mg (15.74%), Vitamin B1: 0.2mg (13.22%), Zinc: 1.54mg (10.3%), Selenium: 5.95µg (8.5%), Vitamin B12: 0.2µg (3.28%)