



WHATSheATE



Mashed Potatoes with Garlic, Mascarpone, and Caramelized Leeks



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



357 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.5 cup garlic clove coarsely chopped
- ☐ 5 cups leek white green rinsed halved lengthwise chopped (and pale parts only)
- ☐ 6 ounces mascarpone cheese
- ☐ 3.8 pounds baking potatoes peeled cut into 1-inch pieces
- ☐ 0.5 cup milk whole ()

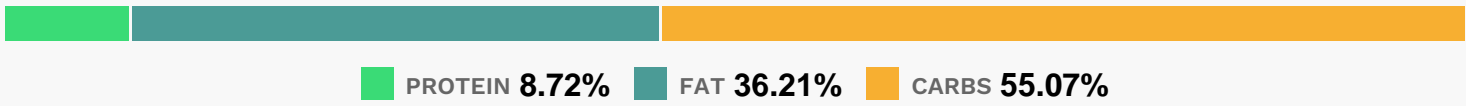
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Melt butter in large nonstick skillet over medium heat.
- ☐ Add leeks and stir to coat. Cover and cook until leeks are golden brown, stirring every 5 minutes, about 20 minutes total. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium heat before using.)
- ☐ Combine 1/2 cup milk and garlic in medium saucepan. Bring to simmer over medium-low heat. Reduce heat to very low, cover, and cook until garlic is soft, about 10 minutes.
- ☐ Remove from heat. Using back of fork, mash milk-garlic mixture to paste. Set aside.
- ☐ Cook potatoes in large pot of boiling salted water until tender, about 25 minutes.
- ☐ Drain well. Return potatoes to same pot; mash until almost smooth.
- ☐ Add mascarpone and milk-garlic mixture; mash until smooth. Season with salt and pepper. (Can be made 2 hours ahead.)
- ☐ Let stand uncovered at room temperature. Rewarm over medium-low heat, stirring and thinning with milk by 1/4 cupfuls if dry.) Top with leeks.
- ☐ *Italian cream cheese; sold at many supermarkets and at Italian markets. If unavailable, blend 3/4 cup cream cheese with 3 tablespoons whipping cream and 1 1/2 tablespoons sour cream.

Nutrition Facts



Properties

Glycemic Index:29.34, Glycemic Load:33.49, Inflammation Score:-8, Nutrition Score:16.113913043686%

Flavonoids

Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 357.04kcal (17.85%), Fat: 14.69g (22.6%), Saturated Fat: 9.02g (56.38%), Carbohydrates: 50.27g (16.76%), Net Carbohydrates: 46.33g (16.85%), Sugar: 4.31g (4.79%), Cholesterol: 34.38mg (11.46%), Sodium: 74.45mg (3.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.92%), Vitamin B6: 0.98mg (48.9%), Manganese: 0.74mg (37.21%), Potassium: 1044.98mg (29.86%), Vitamin K: 30.53µg (29.07%), Vitamin A: 1383.73IU (27.67%), Vitamin C: 21.45mg (26%), Iron: 3.14mg (17.46%), Magnesium: 68.54mg (17.13%), Phosphorus: 166.08mg (16.61%), Folate: 65.78µg (16.44%), Fiber: 3.94g (15.78%), Vitamin B1: 0.23mg (15.57%), Copper: 0.31mg (15.57%), Calcium: 125.63mg (12.56%), Vitamin B3: 2.5mg (12.5%), Vitamin B5: 0.83mg (8.31%), Vitamin B2: 0.12mg (7%), Zinc: 0.85mg (5.66%), Vitamin E: 0.67mg (4.46%), Selenium: 2.96µg (4.22%), Vitamin B12: 0.09µg (1.52%), Vitamin D: 0.17µg (1.12%)