



WHATSheATE



Mashed Potatoes with Kale



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



654 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper black freshly ground for seasoning
- ☐ 2 cloves garlic minced
- ☐ 2 cloves garlic peeled smashed
- ☐ 12 ounce kale stemmed chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons kosher salt for seasoning

- ☐ 0.3 cup chicken broth low-sodium
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 8 ounces mascarpone cheese at room temperature
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 small onion diced
- ☐ 0.8 cup parmesan grated
- ☐ 4 pounds russet potatoes peeled chopped
- ☐ 0.5 stick butter unsalted cut into 1/2-inch pieces at room temperature
- ☐ 2 tablespoons butter unsalted at room temperature

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher
- ☐ colander

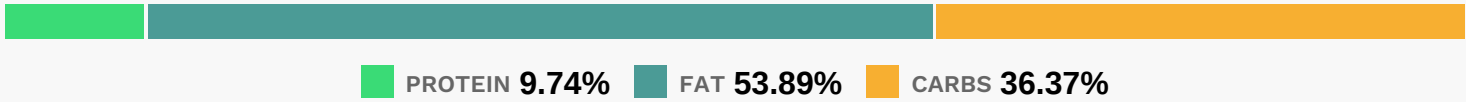
Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the potatoes, garlic, salt and butter in a 5-quart saucepan with enough cold water to cover. Bring to a boil over medium-high heat. Reduce the heat to a simmer and cook until the potatoes are tender, 15 to 20 minutes.
- ☐ Drain in a colander and remove the garlic cloves. Return the potatoes to the pan and mash the potatoes until smooth using a potato masher.
- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add the onion, salt and pepper. Cook until translucent, about 6 minutes.
- ☐ Add the garlic and cook until aromatic, about 30 seconds.
- ☐ Add the kale and chicken broth. Cook, stirring occasionally, until wilted, 10 to 12 minutes.
- ☐ Add the kale mixture, mascarpone cheese, chicken broth, butter, Parmesan, salt and pepper to the potatoes. Stir over low heat until smooth and warmed through. Season with salt and

pepper.

☐ Transfer to a bowl and serve.

Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:43.62, Inflammation Score:-10, Nutrition Score:31.660000091014%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 13.97mg, Isorhamnetin: 13.97mg, Isorhamnetin: 13.97mg, Isorhamnetin: 13.97mg Kaempferol: 26.62mg, Kaempferol: 26.62mg, Kaempferol: 26.62mg, Kaempferol: 26.62mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.21mg, Quercetin: 15.21mg, Quercetin: 15.21mg

Nutrients (% of daily need)

Calories: 654.1kcal (32.71%), Fat: 39.96g (61.48%), Saturated Fat: 21.08g (131.75%), Carbohydrates: 60.69g (20.23%), Net Carbohydrates: 54.09g (19.67%), Sugar: 2.99g (3.33%), Cholesterol: 76.58mg (25.53%), Sodium: 1634.17mg (71.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.25g (32.5%), Vitamin K: 232.74µg (221.66%), Vitamin A: 6648.71IU (132.97%), Vitamin C: 71.68mg (86.89%), Vitamin B6: 1.18mg (59.07%), Manganese: 0.96mg (47.83%), Potassium: 1529.49mg (43.7%), Calcium: 397.87mg (39.79%), Phosphorus: 303.58mg (30.36%), Fiber: 6.6g (26.41%), Magnesium: 96.75mg (24.19%), Vitamin B1: 0.33mg (21.83%), Vitamin B3: 4.28mg (21.38%), Iron: 3.82mg (21.25%), Vitamin B2: 0.36mg (21.05%), Folate: 81.13µg (20.28%), Copper: 0.38mg (19%), Vitamin E: 1.77mg (11.83%), Vitamin B5: 1.07mg (10.66%), Zinc: 1.54mg (10.24%), Selenium: 5.04µg (7.2%), Vitamin B12: 0.2µg (3.39%), Vitamin D: 0.27µg (1.83%)