



Mashed Potatoes with Ranch Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter ()
- ☐ 0.5 cup buttermilk
- ☐ 1 tablespoon coarse kosher salt ()
- ☐ 3 tablespoons chives fresh finely chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon onion powder

- ☐ 3 tablespoons parsley fresh italian finely chopped
- ☐ 5.8 pounds russet potatoes peeled cut into 1 1/2-inch chunks
- ☐ 0.5 cup milk whole

Equipment

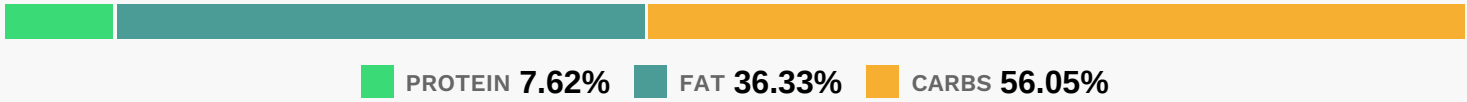
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ potato ricer

Directions

- ☐ Whisk all ingredients in small bowl to blend. DO AHEAD: Can be made 2 days ahead. Cover and chill.
- ☐ Place potatoes in large ovenproof pot.
- ☐ Pour enough cold water over to cover and add 1 tablespoon coarse salt. Bring to boil over high heat. Reduce heat to medium-high and cook until potatoes are tender when pierced with knife, about 20 minutes.
- ☐ Drain potatoes; reserve pot.
- ☐ Let potatoes stand in strainer until lukewarm, about 20 minutes. Working in batches, press potatoes through potato ricer back into same pot (do not stir; potatoes should be fluffy). DO AHEAD: Potatoes can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Preheat oven to 350°F.
- ☐ Combine cream, milk, and butter in small saucepan; bring to simmer. Gently fold half of cream mixture into potatoes; repeat with remaining cream mixture. Fold 3/4 cup ranch dressing into potatoes; reserve remaining dressing for serving. Season potatoes to taste with more coarse salt and freshly ground black pepper.

- ☐
- Transfer pot with mashed potatoes to oven and rewarm uncovered until potatoes are heated through, about 10 minutes for freshly made potatoes or 30 minutes if potatoes are made ahead.
- ☐
- Transfer mashed potatoes to large serving bowl.
- ☐
- Drizzle with remaining dressing and serve.
- ☐
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:30.23, Glycemic Load:31.27, Inflammation Score:-5, Nutrition Score:11.73782603637%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 282.35kcal (14.12%), Fat: 11.66g (17.94%), Saturated Fat: 3.96g (24.76%), Carbohydrates: 40.48g (13.49%), Net Carbohydrates: 37.58g (13.67%), Sugar: 2.41g (2.68%), Cholesterol: 16.41mg (5.47%), Sodium: 793.82mg (34.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (11.01%), Vitamin B6: 0.76mg (38.16%), Vitamin K: 37.59µg (35.8%), Potassium: 947.36mg (27.07%), Manganese: 0.36mg (17.76%), Vitamin C: 14.17mg (17.18%), Phosphorus: 142.75mg (14.28%), Magnesium: 53.4mg (13.35%), Vitamin B1: 0.19mg (12.78%), Copper: 0.23mg (11.62%), Fiber: 2.9g (11.6%), Vitamin B3: 2.29mg (11.45%), Iron: 1.98mg (11%), Folate: 33.9µg (8.48%), Vitamin B5: 0.76mg (7.59%), Vitamin B2: 0.11mg (6.37%), Calcium: 57.14mg (5.71%), Vitamin A: 276.51IU (5.53%), Zinc: 0.75mg (4.99%), Vitamin E: 0.46mg (3.06%), Selenium: 1.72µg (2.45%), Vitamin B12: 0.12µg (2%), Vitamin D: 0.26µg (1.74%)