



WHATSheATE



Mashed Potatoes with Sage and White Cheddar Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



361 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter ()
- ☐ 2 tablespoons sage fresh minced
- ☐ 4 pounds russet potatoes peeled cut into 1 1/2-inch cubes
- ☐ 2.3 cups coarsely sharp cheddar cheese white packed grated (; 9 ounces)
- ☐ 0.8 cup whipping cream
- ☐ 0.8 cup milk whole

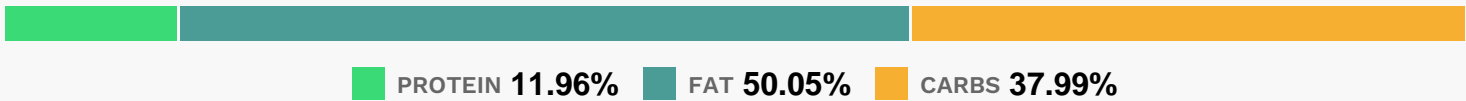
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Butter 8- to 10-cup baking dish. Cook potatoes in large pot of boiling salted water until tender, about 12 minutes.
- ☐ Meanwhile, melt butter in medium saucepan over medium-high heat.
- ☐ Add 2 tablespoons sage; stir until butter begins to brown, about 3 minutes.
- ☐ Add cream and milk; bring to simmer.
- ☐ Drain potatoes; return to pot. Stir over medium heat until excess moisture evaporates.
- ☐ Add cream mixture; mash potatoes. Stir in 1 3/4 cups cheese. Season potatoes with salt and pepper.
- ☐ Transfer to prepared dish.
- ☐ Sprinkle with 1/2 cup cheese and 1 teaspoon sage. (Can be made 2 days ahead. Cover with plastic; chill.)
- ☐ Preheat oven to 375°F.
- ☐ Bake potatoes uncovered until heated through and golden brown, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:19.98, Glycemic Load:26.28, Inflammation Score:-6, Nutrition Score:16.483478224796%

Nutrients (% of daily need)

Calories: 361.17kcal (18.06%), Fat: 20.48g (31.51%), Saturated Fat: 12.33g (77.03%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 32.53g (11.83%), Sugar: 2.61g (2.9%), Cholesterol: 59.99mg (20%), Sodium: 223.67mg (9.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.03%), Copper: 3.84mg (191.75%), Vitamin B6: 0.66mg (33.05%), Calcium: 246.86mg (24.69%), Phosphorus: 246.88mg (24.69%), Potassium: 827.06mg (23.63%), Manganese: 0.41mg (20.39%), Vitamin A: 690.43IU (13.81%), Vitamin B2: 0.23mg (13.78%), Magnesium: 54.19mg

(13.55%), Vitamin C: 10.45mg (12.67%), Selenium: 8.86µg (12.66%), Vitamin B1: 0.17mg (11.59%), Zinc: 1.6mg (10.7%), Fiber: 2.44g (9.78%), Iron: 1.75mg (9.75%), Vitamin B3: 1.92mg (9.62%), Folate: 31.62µg (7.91%), Vitamin B5: 0.77mg (7.71%), Vitamin B12: 0.41µg (6.78%), Vitamin K: 4.9µg (4.67%), Vitamin D: 0.64µg (4.26%), Vitamin E: 0.51mg (3.43%)