



Mashed Red Bliss Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



359 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup buttermilk
- ☐ 3 tablespoons chives fresh chopped
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup heavy cream
- ☐ 8 servings kosher salt and pepper
- ☐ 5 pounds bliss potatoes red
- ☐ 8 tablespoons butter unsalted cut into pieces (1 stick)

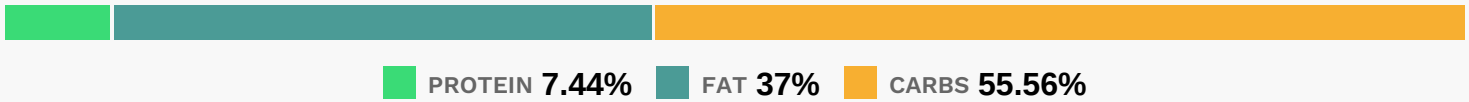
Equipment

- ☐ pot
- ☐ double boiler

Directions

- ☐ Place the potatoes, skins on, in a large pot and cover with cold water. Bring to a boil and add 2 1/2 tablespoons salt. Reduce heat and simmer until just tender, about 15 minutes.
- ☐ Drain the potatoes and return to the pot.
- ☐ Add the butter, buttermilk, cream, nutmeg, 1/2 teaspoon salt, and 3/4 teaspoon pepper. Mash the potatoes with a handheld masher. Fold in the chives before transferring to a serving dish.
Make-Ahead Note: The potatoes can be made up to 2 hours in advance and kept warm in a double boiler or Crock-Pot. If the potatoes are chilled and then reheated, they will turn dry and pasty.

Nutrition Facts



Properties

Glycemic Index:28.72, Glycemic Load:36.62, Inflammation Score:-7, Nutrition Score:15.87000009288%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 358.57kcal (17.93%), Fat: 15.07g (23.19%), Saturated Fat: 9.42g (58.88%), Carbohydrates: 50.92g (16.97%), Net Carbohydrates: 44.65g (16.23%), Sugar: 3.57g (3.97%), Cholesterol: 40.98mg (13.66%), Sodium: 238.02mg (10.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.64%), Vitamin C: 56.55mg (68.54%), Vitamin B6: 0.85mg (42.45%), Potassium: 1237.9mg (35.37%), Fiber: 6.28g (25.11%), Manganese: 0.44mg (22.09%), Phosphorus: 189.18mg (18.92%), Magnesium: 68.85mg (17.21%), Vitamin B1: 0.24mg (16.04%), Copper: 0.32mg (15.87%), Vitamin B3: 3.03mg (15.14%), Iron: 2.25mg (12.5%), Folate: 48.43µg (12.11%), Vitamin A: 551.02IU (11.02%), Vitamin B5: 0.96mg (9.63%), Vitamin B2: 0.15mg (8.79%), Vitamin K: 9.07µg (8.64%), Calcium: 69.43mg (6.94%), Zinc: 0.95mg (6.31%), Vitamin D: 0.62µg (4.14%), Selenium: 2.06µg (2.94%), Vitamin E: 0.44mg (2.93%), Vitamin B12: 0.14µg (2.32%)