



Mashed Red Potatoes

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



395 kcal

SIDE DISH

Ingredients

- 6 servings pepper black freshly ground
- 0.3 cup chives fresh finely chopped
- 0.8 cup cup heavy whipping cream at room temperature
- 6 servings kosher salt
- 0.3 cup parsley fresh italian finely chopped
- 3 pounds potatoes - remove skin red scrubbed cut into 2-inch pieces
- 8 tablespoons butter unsalted cut into small pieces, at room temperature (1 stick)

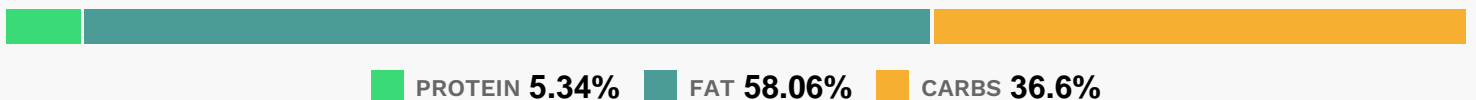
Equipment

- knife
- pot
- potato masher
- wooden spoon
- spatula
- colander

Directions

- Place the potatoes in a large pot, add water to cover the potatoes by 2 inches, and generously salt the water. Bring to a boil over medium heat and continue boiling until the potatoes can be pierced through the center with a sharp knife, about 20 to 25 minutes. (Be careful not to overcook, or they'll be mushy.) Turn off the heat and drain the the potatoes into a colander, shaking it gently to drain excess liquid. Return the potatoes to the pot. Using a potato masher, break the potatoes into smaller pieces.
- Add butter, a few pieces at a time, and using a wooden spoon or rubber spatula, fold to incorporate.
- Add 3/4 cup of the cream and stir to incorporate. For creamier potatoes, add the remaining 1/4 cup of cream. (The potatoes should remain a little lumpy.) Fold the chives and parsley into the potatoes, and season with salt pepper.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:14.095652077509%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 395.4kcal (19.77%), Fat: 26.23g (40.36%), Saturated Fat: 16.52g (103.24%), Carbohydrates: 37.21g (12.4%), Net Carbohydrates: 33.21g (12.08%), Sugar: 3.86g (4.29%), Cholesterol: 73.75mg (24.58%), Sodium: 246.17mg (10.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Vitamin K: 53.55µg (51%), Potassium: 1084.82mg (30.99%), Vitamin C: 23.98mg (29.06%), Vitamin A: 1203.38IU (24.07%), Vitamin B6: 0.4mg (20.07%), Manganese: 0.34mg (17.21%), Phosphorus: 162.66mg (16.27%), Fiber: 4.01g (16.02%), Copper: 0.32mg (15.9%), Magnesium: 54.48mg (13.62%), Vitamin B3: 2.68mg (13.39%), Vitamin B1: 0.19mg (12.94%), Folate: 48.14µg (12.04%), Iron: 1.88mg (10.46%), Vitamin B2: 0.14mg (8.07%), Vitamin B5: 0.75mg (7.46%), Zinc: 0.87mg (5.83%), Calcium: 52.34mg (5.23%), Vitamin D: 0.76µg (5.04%), Vitamin E: 0.75mg (5.02%), Selenium: 2.24µg (3.19%), Vitamin B12: 0.08µg (1.32%)