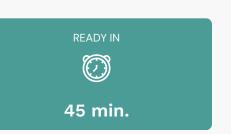


Mashed Yukon Gold Potatoes with Caramelized Shallots





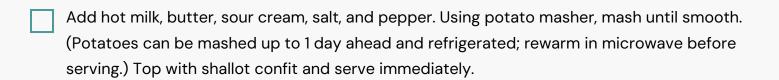


SIDE DISH

Ingredients

O.5 teaspoon pepper black freshly ground
2 sprigs thyme sprigs fresh
1 teaspoon kosher salt
0.3 cup olive oil extra virgin extra-virgin
1 pound shallots peeled (12 to 15 medium shallots)
0.3 cup cream sour
3 tablespoons sugar

	6 tablespoons butter unsalted at room temperature	
	0.5 cup milk whole	
	3 pounds yukon gold potatoes	
_		
Equipment		
	bowl	
	frying pan	
	sauce pan	
	oven	
	potato masher	
	aluminum foil	
	microwave	
Dii	rections	
	In skillet over moderate heat, melt butter.	
	Add sugar and stir until dissolved.	
	Add shallots and thyme and cook, uncovered, stirring occasionally, until beginning to brown, about 15 minutes.	
	Stir in oil, breaking up any clumps of sugar, reduce heat to moderately low, and set lid ajar. Simmer, partially covered, until shallots are deep golden brown, silky, and falling apart, 1 to 11/2 hours. If liquid completely evaporates before shallots reach desired consistency, add 1 tablespoon water as needed.	
	Discard thyme sprigs and stir in salt and pepper. Keep warm, covered. (Shallots can be made up to 1 week ahead and refrigerated. Gently reheat in microwave before serving.)	
	Preheat oven to 350°F. Prick potatoes all over with fork and wrap together in aluminum foil packet.	
	Bake until tender, about 11/2 hours. (Potatoes can be baked up to 2 days ahead and refrigerated; rewarm in microwave before continuing.)	
	In small saucepan over low heat, bring milk to simmer. While potatoes are still warm, halve and scoop out flesh into large bowl.	



Nutrition Facts

PROTEIN 6.28% FAT 44.18% CARBS 49.54%

Properties

Glycemic Index:29.88, Glycemic Load:22, Inflammation Score:-6, Nutrition Score:10.419565154159%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Cuercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 282.22kcal (14.11%), Fat: 14.28g (21.96%), Saturated Fat: 6.11g (38.17%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 31.52g (11.46%), Sugar: 9.08g (10.09%), Cholesterol: 24.05mg (8.02%), Sodium: 254.27mg (11.06%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.56g (9.13%), Vitamin C: 30.83mg (37.36%), Vitamin B6: 0.57mg (28.49%), Potassium: 757.01mg (21.63%), Fiber: 4.5g (17.99%), Manganese: 0.36mg (17.96%), Phosphorus: 125.31mg (12.53%), Magnesium: 43.72mg (10.93%), Vitamin B1: 0.15mg (9.67%), Copper: 0.19mg (9.63%), Folate: 38.01µg (9.5%), Iron: 1.69mg (9.4%), Vitamin B3: 1.55mg (7.77%), Vitamin E: 1.04mg (6.94%), Vitamin K: 7.1µg (6.76%), Vitamin B5: 0.62mg (6.17%), Calcium: 59.36mg (5.94%), Vitamin A: 292.03IU (5.84%), Vitamin B2: 0.09mg (5.12%), Zinc: 0.66mg (4.43%), Selenium: 1.58µg (2.26%), Vitamin D: 0.26µg (1.73%), Vitamin B12: 0.1µg (1.6%)