



WHATSheATE



Mashed Yukon Gold Potatoes with Caramelized Shallots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 0.5 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

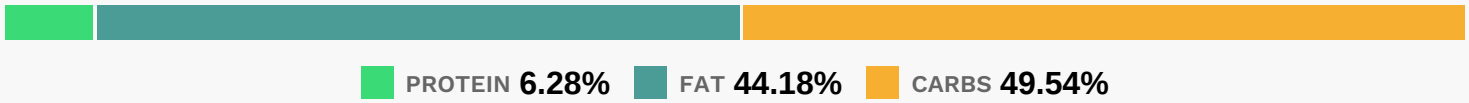
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ potato masher
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ 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 1 1/2 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 1 1/2 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.

Add hot milk, butter, sour cream, salt, and pepper. Using potato masher, mash until smooth. (Potatoes can be mashed up to 1 day ahead and refrigerated; rewarm in microwave before serving.) Top with shallot confit and serve immediately.

Nutrition Facts



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 Quercetin: 0.95mg, Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)