

## Moe's Fabulous Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter cut into pieces
- 1 pinch ground nutmeg
- 4 servings ground pepper white to taste
- 4 servings kosher salt to taste
- 0.5 cup milk whole
- 1 pound yukon gold potatoes peeled quartered

### Equipment

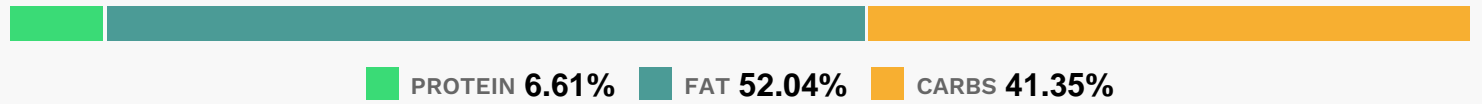
- bowl

- sauce pan
- pot
- hand mixer

## Directions

- Place the potatoes into a large pot, and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Drain and allow to steam dry for a minute or two, and place the potatoes in a large bowl.
- Bring the milk to a boil in a small saucepan over low-medium heat.
- Whip the potatoes with an electric mixer until smooth; pour the boiling milk over the potatoes, and add butter, nutmeg, salt, and white pepper. Whip on Medium speed until light and fluffy.

## Nutrition Facts



## Properties

Glycemic Index:60.44, Glycemic Load:15.1, Inflammation Score:-4, Nutrition Score:7.6608695102775%

## Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 214.57kcal (10.73%), Fat: 12.72g (19.57%), Saturated Fat: 7.97g (49.79%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 19.67g (7.15%), Sugar: 2.43g (2.7%), Cholesterol: 34.16mg (11.39%), Sodium: 303.55mg (13.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.27%), Vitamin C: 22.77mg (27.6%), Vitamin B6: 0.36mg (17.8%), Potassium: 528.94mg (15.11%), Manganese: 0.27mg (13.42%), Fiber: 3.07g (12.28%), Phosphorus: 102.9mg (10.29%), Vitamin A: 406.48IU (8.13%), Magnesium: 32.29mg (8.07%), Vitamin B1: 0.11mg (7.32%), Copper: 0.14mg (7.18%), Iron: 1.18mg (6.57%), Vitamin B3: 1.24mg (6.2%), Calcium: 60.41mg (6.04%), Vitamin B2: 0.09mg (5.05%), Folate: 18.96µg (4.74%), Vitamin B5: 0.47mg (4.65%), Zinc: 0.5mg (3.3%), Vitamin B12: 0.19µg (3.15%), Vitamin K: 3.24µg (3.08%), Vitamin E: 0.36mg (2.37%), Vitamin D: 0.34µg (2.24%), Selenium: 1.13µg (1.61%)