



Momma's Mashed Potatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



55 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 egg white
- ☐ 0.5 cup half-and-half cream
- ☐ 2.5 pounds russet potatoes cubed peeled
- ☐ 6 servings salt and pepper black to taste

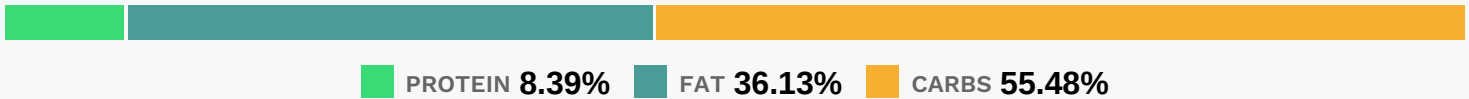
Equipment

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Place potatoes and lemon juice in a large saucepan, and add enough water to cover. Bring to a boil over medium-high heat, and cook until tender, about 15 minutes.
- ☐ Drain water from potatoes, and use a potato masher to mash. Stir in egg white and butter, and gradually mix in the half-and-half using the masher. Use more or less cream to reach your desired consistency. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:22.46, Glycemic Load:26.86, Inflammation Score:-4, Nutrition Score:8.9286956216978%

Nutrients (% of daily need)

Calories: 246.14kcal (12.31%), Fat: 10.15g (15.61%), Saturated Fat: 6.33g (39.55%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 32.6g (11.86%), Sugar: 2.05g (2.27%), Cholesterol: 27.39mg (9.13%), Sodium: 284.66mg (12.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.6%), Vitamin B6: 0.66mg (33.13%), Potassium: 825.2mg (23.58%), Manganese: 0.3mg (14.9%), Vitamin C: 10.95mg (13.28%), Phosphorus: 126.13mg (12.61%), Magnesium: 46.23mg (11.56%), Vitamin B1: 0.16mg (10.78%), Vitamin B3: 1.99mg (9.94%), Copper: 0.2mg (9.89%), Fiber: 2.46g (9.83%), Iron: 1.64mg (9.13%), Vitamin B2: 0.13mg (7.45%), Folate: 27.55µg (6.89%), Vitamin B5: 0.65mg (6.47%), Vitamin A: 309.64IU (6.19%), Calcium: 48.89mg (4.89%), Zinc: 0.64mg (4.25%), Vitamin K: 4.33µg (4.12%), Selenium: 2.5µg (3.57%), Vitamin E: 0.29mg (1.92%)