



## Mom's Mashed Potatoes a La King

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



1050 kcal

SIDE DISH

### Ingredients

- 2 sticks butter melted softened plus more for greasing
- 1 pound celery root peeled cut into 1/2-inch pieces
- 6 ounces cream cheese
- 0.3 cup chives fresh minced
- 1 teaspoon garlic powder
- 0.5 teaspoon ground pepper white
- 1 cup half-and-half warmed
- 0.3 cup horseradish prepared

- 4 pounds idaho russet potatoes peeled cut into 1-inch pieces ( 5 potatoes)
- 4 servings kosher salt

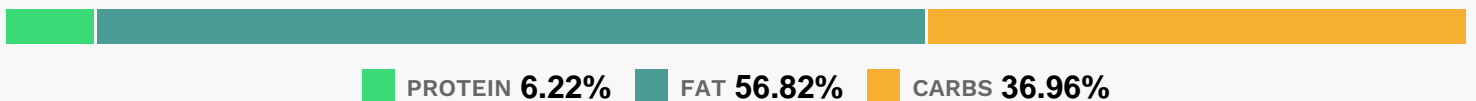
## Equipment

- bowl
- sauce pan
- oven
- baking pan
- hand mixer

## Directions

- Watch how to make this recipe.
- Add the potatoes, celery root and 1 tablespoon salt to a large saucepan and cover with water. Bring to a boil and cook over medium-high heat until fork tender, about 15 minutes.
- Drain the potatoes and celery root.
- Preheat the oven to 350 degrees F. Grease a 9-by-13-inch baking pan.
- Whip together the cream cheese and softened butter in a large bowl with a hand mixer on medium speed until thoroughly blended, about 2 minutes.
- Add the hot potatoes and celery root slowly, alternating with the half-and-half. Whip until blended.
- Sprinkle with salt and stir in the horseradish, garlic powder and white pepper.
- Pour the potato mixture into the prepared baking pan.
- Pour the melted butter over the potato mixture.
- Bake until bubbly and slightly brown, about 45 minutes.
- Garnish with the chives.

## Nutrition Facts



## Properties

Glycemic Index:70.44, Glycemic Load:68.52, Inflammation Score:-9, Nutrition Score:32.606956233149%

## Flavonoids

Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 1050.33kcal (52.52%), Fat: 68.24g (104.99%), Saturated Fat: 42.11g (263.2%), Carbohydrates: 99.9g (33.3%), Net Carbohydrates: 91.27g (33.19%), Sugar: 10.02g (11.13%), Cholesterol: 185.6mg (61.87%), Sodium: 927.13mg (40.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.61%), Vitamin B6: 1.83mg (91.74%), Potassium: 2434.7mg (69.56%), Vitamin K: 65.82µg (62.68%), Phosphorus: 506.06mg (50.61%), Vitamin C: 40.72mg (49.36%), Manganese: 0.94mg (47.17%), Vitamin A: 2310.87IU (46.22%), Magnesium: 143.92mg (35.98%), Fiber: 8.63g (34.51%), Vitamin B1: 0.47mg (31.06%), Copper: 0.58mg (28.94%), Vitamin B3: 5.7mg (28.49%), Iron: 4.97mg (27.59%), Vitamin B2: 0.46mg (27.06%), Calcium: 239.35mg (23.93%), Folate: 91.46µg (22.87%), Vitamin B5: 2.27mg (22.71%), Zinc: 2.35mg (15.69%), Vitamin E: 2.29mg (15.29%), Selenium: 9.4µg (13.42%), Vitamin B12: 0.3µg (5.08%)