



Our Very Best Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



306 kcal

SIDE DISH

Ingredients

- 4 lb yukon gold potatoes peeled cut into 2" pieces
- 6 large garlic clove peeled
- 1 Tbsp kosher salt divided plus more
- 1.3 cups milk whole
- 4 thyme sprigs
- 0.8 cup butter unsalted divided ()
- 0.8 tsp pepper black freshly ground plus more
- 0.5 cup cream sour

Equipment

- bowl
- sauce pan
- knife
- pot
- stove
- potato ricer

Directions

- Cover 4 lb. Yukon Gold potatoes, peeled, cut into 2" pieces, 6 large garlic cloves, peeled, and 1 Tbsp. Diamond Crystal or $1\frac{3}{4}$ tsp. Morton kosher salt with cold water in a large pot. Bring to a low boil on the stovetop over high heat, then reduce heat and simmer (do not boil) until potatoes are very tender when pierced with the tip of a paring knife but not falling apart, 20–25 minutes.
- Meanwhile, heat $\frac{1}{4}$ cups whole milk, 4 thyme sprigs, and $\frac{3}{4}$ cup ($1\frac{1}{2}$ sticks) unsalted butter in a small saucepan over medium, stirring, until butter is melted.
- Remove from heat; set aside.
- Drain boiled potatoes and garlic; return to pot. Toss over low heat until moisture evaporates, 1–2 minutes. Using potato ricer or food mill, immediately press potatoes and garlic into a large bowl (do not let cool).
- Discard thyme from warm milk mixture and gradually stir into hot potatoes, reserving about $\frac{1}{2}$ cup if you plan to make in advance (see Do Ahead). Season with 2 tsp. Diamond Crystal or $\frac{1}{4}$ tsp. Morton kosher salt and $\frac{3}{4}$ tsp. freshly ground black pepper. Fold in $\frac{1}{2}$ cup sour cream and stir with a spoon until incorporated and very smooth (do not overmix or potatoes will become gummy). Taste and adjust seasonings.
- Serve topped with remaining 2 Tbsp. unsalted butter and more pepper.
- Do Ahead: Mashed potatoes can be made 2 hours ahead; cover and store at room temperature. Or chill, covered, up to 8 hours; reheat over medium with reserved $\frac{1}{2}$ cup milk mixture, rewarmed to melt butter.
- Editor's note: This recipe was first printed November 201
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Nutrition Facts

PROTEIN 6.69% FAT 49.36% CARBS 43.95%

Properties

Glycemic Index:22.88, Glycemic Load:23.95, Inflammation Score:-7, Nutrition Score:11.493043526359%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 306.31kcal (15.32%), Fat: 17.2g (26.46%), Saturated Fat: 10.53g (65.79%), Carbohydrates: 34.45g (11.48%), Net Carbohydrates: 30.33g (11.03%), Sugar: 3.3g (3.67%), Cholesterol: 47.05mg (15.68%), Sodium: 725.93mg (31.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.49%), Vitamin C: 37.05mg (44.91%), Vitamin B6: 0.58mg (29.16%), Potassium: 839.85mg (24%), Manganese: 0.34mg (16.93%), Fiber: 4.12g (16.49%), Phosphorus: 150.46mg (15.05%), Magnesium: 48.25mg (12.06%), Vitamin A: 570.13IU (11.4%), Vitamin B1: 0.17mg (11.29%), Copper: 0.21mg (10.56%), Vitamin B3: 1.98mg (9.92%), Iron: 1.55mg (8.6%), Calcium: 80.96mg (8.1%), Folate: 30.49µg (7.62%), Vitamin B2: 0.13mg (7.61%), Vitamin B5: 0.72mg (7.23%), Vitamin K: 5.18µg (4.93%), Zinc: 0.74mg (4.91%), Vitamin D: 0.59µg (3.94%), Vitamin B12: 0.22µg (3.63%), Vitamin E: 0.48mg (3.17%), Selenium: 1.98µg (2.83%)