

 **12%**
HEALTH SCORE

Parmesan Mashed Potatoes

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



690 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 1.5 cups cup heavy whipping cream
- 1 cup parmesan cheese grated
- 2 pounds baking potatoes cubed peeled
- 0.3 teaspoon salt and pepper

Equipment

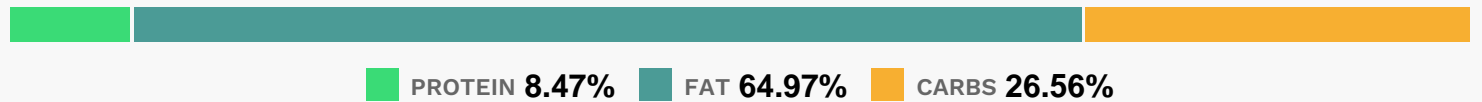
- sauce pan
- pot

potato ricer

Directions

- Place potatoes in a medium pot and cover with cold water. Bring to a boil, heat to a simmer.
- Add a generous pinch of salt and continue to simmer until potatoes are fork tender, about 20 minutes.
- Heat cream, salt and pepper and butter in a medium saucepan over medium heat until steaming hot, about 6 minutes. When potatoes are done, drain and return potatoes to pot to dry slightly. Optional: Run potatoes through food mill or potato ricer into pot.
- Add potatoes to the cream and butter mixture. Stir in parmesan cheese, taste for seasoning.

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:32.23, Inflammation Score:-8, Nutrition Score:17.309130434783%

Taste

Sweetness: 17.44%, Saltiness: 100%, Sourness: 8.76%, Bitterness: 9.26%, Savoriness: 21.67%, Fattiness: 98.31%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 689.88kcal (34.49%), Fat: 50.82g (78.19%), Saturated Fat: 26.83g (167.69%), Carbohydrates: 46.74g (15.58%), Net Carbohydrates: 43.8g (15.93%), Sugar: 4.03g (4.48%), Cholesterol: 122.6mg (40.87%), Sodium: 752.07mg (32.7%), Protein: 14.92g (29.83%), Vitamin B6: 0.84mg (41.76%), Vitamin A: 2037.98IU (40.76%), Phosphorus: 338.27mg (33.83%), Calcium: 313.73mg (31.37%), Potassium: 1082.52mg (30.93%), Vitamin B2: 0.33mg (19.65%), Manganese: 0.38mg (18.93%), Selenium: 12.34µg (17.62%), Magnesium: 67.59mg (16.9%), Vitamin C: 13.49mg (16.35%), Vitamin B1: 0.21mg (14.13%), Zinc: 1.95mg (13.03%), Copper: 0.25mg (12.68%), Vitamin B3: 2.43mg (12.14%), Iron: 2.15mg (11.96%), Fiber: 2.95g (11.79%), Vitamin D: 1.55µg (10.35%), Vitamin B5: 1mg (10.03%), Vitamin E: 1.41mg (9.41%), Folate: 36.96µg (9.24%), Vitamin B12: 0.49µg (8.24%), Vitamin K: 7.36µg (7.01%)