



Pea Whipped Potatoes

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



1046 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds peas fresh
- ☐ 1 tablespoon garlic minced
- ☐ 2 cups heavy cream
- ☐ 4 servings parmesan grated
- ☐ 2 pounds russet potatoes peeled cut into large chunks
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 cup butter unsalted at room temperature

Equipment

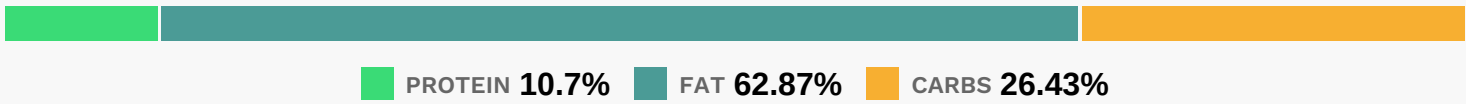
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ potato masher
- ☐ wooden spoon
- ☐ potato ricer

Directions

- ☐ Watch how to make this recipe.
- ☐ If using fresh peas, shuck the peas.
- ☐ Put the potatoes in a large saucepan with well-salted cold water to cover them by 3 inches. Cover and bring to a boil over high heat. Cook until tender, about 10 minutes. While the potatoes are cooking, add the peas to the pot. They will float on the top. Cook for 2 or 3 minutes, then remove with a sieve. Cool on a sheet tray.
- ☐ The potatoes are done when you can easily insert a knife through the potato. When the potatoes are done drain well, scatter on a baking sheet, and let cool for several minutes.
- ☐ Place in the oven to dry out, about 5 minutes. Press the potatoes through a ricer or food mill or mash with a potato masher.
- ☐ Heat 1 tablespoon of the butter in a large saucepan over medium heat until the butter stops foaming and turns a light brown.
- ☐ Add the garlic and cook quickly until pale gold.
- ☐ Add the 1 1/2 cups of the cream, season, to taste, with salt and pepper and bring to a boil. Reduce the heat to low and beat in the potatoes with a wooden spoon or large whisk.
- ☐ Add the remaining butter by tablespoonfuls, stirring vigorously after each addition. (In this way, the butter does not melt into a golden puddle. Instead, it forms an emulsion with the potatoes, creating a very smooth puree.)

- ☐
- In a small pot, heat the remaining cream until it reaches a boil then simmer for a few minutes.
- ☐
- Add the cream to a blender with the peas and puree until smooth. Season with salt and pepper.
- ☐
- Fold the pea puree into the mashed potatoes and adjust seasoning as necessary. Instead of salt, the puree can be seasoned with a little grated Parmesan.
- ☐
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:54.52, Glycemic Load:39.25, Inflammation Score:-10, Nutrition Score:38.649130696836%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1045.83kcal (52.29%), Fat: 74.6g (114.77%), Saturated Fat: 47.05g (294.07%), Carbohydrates: 70.56g (23.52%), Net Carbohydrates: 57.85g (21.04%), Sugar: 14.8g (16.45%), Cholesterol: 215.88mg (71.96%), Sodium: 536.06mg (23.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.56g (57.11%), Vitamin C: 82.3mg (99.76%), Vitamin A: 3996.93IU (79.94%), Phosphorus: 595.69mg (59.57%), Vitamin B6: 1.16mg (58.24%), Manganese: 1.11mg (55.4%), Calcium: 516.62mg (51.66%), Fiber: 12.71g (50.84%), Vitamin K: 52.77µg (50.26%), Vitamin B1: 0.68mg (45.3%), Potassium: 1517.59mg (43.36%), Folate: 150.1µg (37.53%), Vitamin B2: 0.63mg (37.34%), Magnesium: 131.06mg (32.77%), Vitamin B3: 6.09mg (30.43%), Copper: 0.57mg (28.38%), Iron: 4.87mg (27.03%), Zinc: 3.93mg (26.18%), Selenium: 14.86µg (21.23%), Vitamin D: 2.48µg (16.53%), Vitamin E: 2.07mg (13.77%), Vitamin B5: 1.34mg (13.43%), Vitamin B12: 0.6µg (9.98%)