



Pea Whipped Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1046 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cloves garlic minced
- ☐ 2 cups heavy cream
- ☐ 4 servings parmesan grated
- ☐ 1.5 pounds peas english
- ☐ 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 2 sticks

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ potato ricer

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the potatoes in a large saucepan with cold water to cover by 3 inches. Salt the water, cover and bring to a boil over high heat. Reduce heat and simmer until tender, about 10 minutes. While the potatoes are cooking, cook the peas in a separate saucepan of salted water. Simmer until just tender, about 3 to 5 minutes.
- ☐ Remove with a sieve and cool on a baking sheet. When the potatoes are done, drain well, scatter on a baking sheet, and let cool for several minutes. In a small saucepan, heat 1/2 cup of the cream until it reaches a boil then simmer for a few minutes.
- ☐ Add the cream to a blender with the cooked peas and puree until smooth. Season with salt and pepper.
- ☐ 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 remaining cream, season, to taste, with salt and pepper and bring to a boil.
- ☐ Press the cooled potatoes through a ricer or food mill into the butter and garlic mixture, tossing to coat.
- ☐ Reduce the heat to low.
- ☐ 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.
- ☐ 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, if desired.
- ☐ Serve hot.

Nutrition Facts



 **PROTEIN 10.7%**  **FAT 62.85%**  **CARBS 26.45%**

Properties

Glycemic Index:54.52, Glycemic Load:39.28, Inflammation Score:-10, Nutrition Score:38.68478265016%

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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1046.2kcal (52.31%), Fat: 74.6g (114.77%), Saturated Fat: 47.05g (294.07%), Carbohydrates: 70.65g (23.55%), Net Carbohydrates: 57.93g (21.07%), Sugar: 14.81g (16.45%), Cholesterol: 215.88mg (71.96%), Sodium: 536.1mg (23.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.57g (57.14%), Vitamin C: 82.38mg (99.86%), Vitamin A: 3996.95IU (79.94%), Phosphorus: 596.07mg (59.61%), Vitamin B6: 1.17mg (58.4%), Manganese: 1.11mg (55.61%), Calcium: 517.07mg (51.71%), Fiber: 12.72g (50.87%), Vitamin K: 52.77µg (50.26%), Vitamin B1: 0.68mg (45.33%), Potassium: 1518.59mg (43.39%), Folate: 150.11µg (37.53%), Vitamin B2: 0.63mg (37.35%), Magnesium: 131.13mg (32.78%), Vitamin B3: 6.09mg (30.44%), Copper: 0.57mg (28.41%), Iron: 4.87mg (27.05%), Zinc: 3.93mg (26.2%), Selenium: 14.9µg (21.28%), Vitamin D: 2.48µg (16.53%), Vitamin E: 2.07mg (13.77%), Vitamin B5: 1.34mg (13.45%), Vitamin B12: 0.6µg (9.98%)