



Peppery Horseradish Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



464 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons horseradish drained
- ☐ 2 teaspoons kosher salt
- ☐ 1.5 pounds baking potatoes peeled cut into 1-inch pieces (baking) (3 medium)
- ☐ 3 tablespoons butter unsalted
- ☐ 0.5 cup milk whole

Equipment

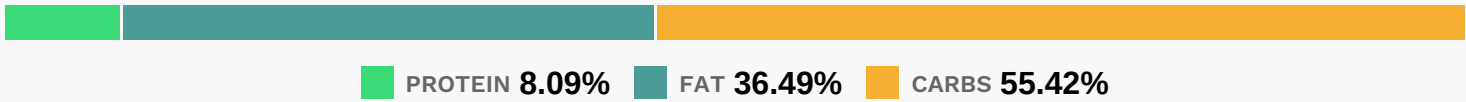
- ☐ sauce pan

☐ potato masher

Directions

- ☐ Put potatoes and kosher salt in a large heavy saucepan and generously cover with cold water. Bring to a boil then reduce heat and simmer, partially covered, until potatoes are tender, about 20 minutes.
- ☐ Drain well and return to saucepan.
- ☐ Meanwhile, heat milk and butter in a small saucepan until butter is melted and milk is hot but not boiling.
- ☐ Add milk mixture, along with horseradish and pepper, to potatoes and mash with a potato masher or fork (to desired consistency). Season with salt and serve warm.
- ☐ •Mashed potatoes can be made 2 days ahead (without horseradish). When ready to serve, reheat potatoes in a heavy saucepan over low heat, stirring in horseradish and, if needed, enough additional milk for desired consistency.

Nutrition Facts



Properties

Glycemic Index:94.88, Glycemic Load:49.88, Inflammation Score:-7, Nutrition Score:17.823043553726%

Nutrients (% of daily need)

Calories: 463.75kcal (23.19%), Fat: 19.37g (29.8%), Saturated Fat: 12.03g (75.17%), Carbohydrates: 66.19g (22.06%), Net Carbohydrates: 61.21g (22.26%), Sugar: 6.26g (6.95%), Cholesterol: 52.47mg (17.49%), Sodium: 2431.03mg (105.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.66g (19.32%), Vitamin B6: 1.22mg (61.16%), Potassium: 1555.85mg (44.45%), Manganese: 0.59mg (29.71%), Vitamin C: 23.13mg (28.03%), Phosphorus: 258.8mg (25.88%), Magnesium: 90.52mg (22.63%), Vitamin B1: 0.32mg (21.04%), Fiber: 4.98g (19.92%), Copper: 0.37mg (18.41%), Vitamin B3: 3.65mg (18.27%), Iron: 3.04mg (16.87%), Folate: 56.85µg (14.21%), Calcium: 135.24mg (13.52%), Vitamin B5: 1.29mg (12.92%), Vitamin A: 628.68IU (12.57%), Vitamin B2: 0.21mg (12.21%), Zinc: 1.39mg (9.26%), Vitamin K: 8.38µg (7.98%), Vitamin D: 0.99µg (6.57%), Vitamin B12: 0.37µg (6.08%), Selenium: 3.17µg (4.53%), Vitamin E: 0.56mg (3.71%)