



Perfect Mashed Potatoes



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



339 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 3 large russet potatoes peeled cut in half lengthwise
- ☐ 0.5 cup milk whole

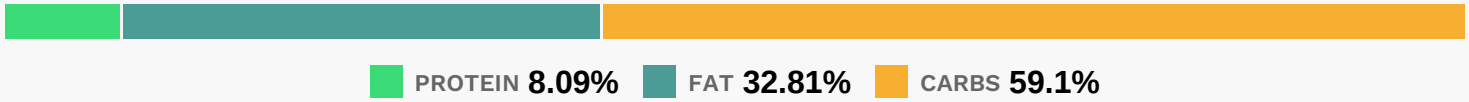
Equipment

- ☐ whisk
- ☐ pot
- ☐ potato masher

Directions

- ☐ Place the potatoes into a large pot, and cover with salted water. Bring to a boil, reduce heat to medium-low, cover, and simmer until tender, 20 to 25 minutes.
- ☐ Drain, and return the potatoes to the pot. Turn heat to high, and allow the potatoes to dry for about 30 seconds. Turn off the heat.
- ☐ Mash the potatoes with a potato masher twice around the pot, then add the butter and milk. Continue to mash until smooth and fluffy.
- ☐ Whisk in the salt and black pepper until evenly distributed, about 15 seconds.

Nutrition Facts



Properties

Glycemic Index:51.19, Glycemic Load:39.89, Inflammation Score:-5, Nutrition Score:13.016956474447%

Nutrients (% of daily need)

Calories: 338.91kcal (16.95%), Fat: 12.71g (19.55%), Saturated Fat: 7.93g (49.58%), Carbohydrates: 51.51g (17.17%), Net Carbohydrates: 47.88g (17.41%), Sugar: 3.19g (3.55%), Cholesterol: 34.16mg (11.39%), Sodium: 116.67mg (5.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.11%), Vitamin B6: 0.97mg (48.71%), Potassium: 1204.53mg (34.42%), Manganese: 0.45mg (22.42%), Vitamin C: 15.77mg (19.12%), Phosphorus: 186.58mg (18.66%), Magnesium: 67.77mg (16.94%), Vitamin B1: 0.24mg (16.32%), Vitamin B3: 2.9mg (14.52%), Fiber: 3.62g (14.49%), Copper: 0.29mg (14.33%), Iron: 2.39mg (13.29%), Folate: 39.19µg (9.8%), Vitamin B5: 0.96mg (9.64%), Vitamin A: 407.27IU (8.15%), Vitamin B2: 0.14mg (8.14%), Calcium: 77.34mg (7.73%), Zinc: 0.94mg (6.28%), Vitamin K: 6.23µg (5.93%), Vitamin B12: 0.19µg (3.15%), Selenium: 1.83µg (2.62%), Vitamin E: 0.37mg (2.49%), Vitamin D: 0.34µg (2.24%)