



Perfect Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



43 min.

SERVINGS



43

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 ounces cream cheese softened
- ☐ 0.8 teaspoon coarsely ground pepper
- ☐ 0.3 cup half-and-half
- ☐ 2 teaspoons salt divided
- ☐ 3 pounds yukon gold potatoes

Equipment

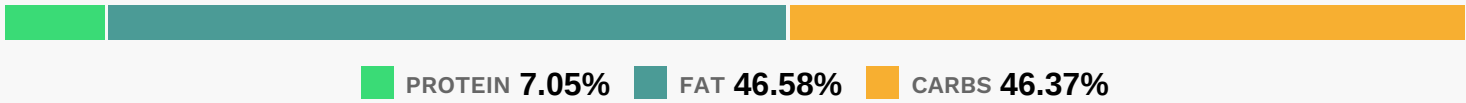
- ☐ hand mixer

☐ dutch oven

Directions

- ☐ Peel, Boil &
- ☐ Drain. Peel potatoes, and cut into 1-inch pieces. Bring potatoes, 1 tsp. salt, and cold water to cover to a boil in a medium-size Dutch oven over medium-high heat. Reduce heat to medium-low, and cook 16 to 20 minutes or until fork-tender; drain.
- ☐ Add Creamy Richness. Return potatoes to Dutch oven. Cook until water evaporates and potatoes look dry. Mound potatoes on 1 side; add butter, next 3 ingredients, and remaining 1 tsp. salt to opposite side of Dutch oven. Cook 1 to 2 minutes or until butter is melted and mixture boils.
- ☐ Beat Until Smooth.
- ☐ Remove from heat; beat at medium speed with a hand-held electric mixer 30 seconds to 1 minute or to desired degree of smoothness. (Do not overbeat.)
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4.48, Glycemic Load:4.09, Inflammation Score:-1, Nutrition Score:1.8260869584654%

Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 48.76kcal (2.44%), Fat: 2.58g (3.97%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 5.07g (1.84%), Sugar: 0.42g (0.47%), Cholesterol: 7.1mg (2.37%), Sodium: 130.81mg (5.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin C: 6.25mg (7.58%), Vitamin B6: 0.1mg (4.8%), Potassium: 140.1mg (4%), Fiber: 0.7g (2.82%), Manganese: 0.05mg (2.67%), Phosphorus: 23.12mg (2.31%), Magnesium: 7.8mg (1.95%), Vitamin B1: 0.03mg (1.77%), Copper: 0.04mg (1.77%), Vitamin A: 86.86IU (1.74%), Vitamin B3: 0.34mg (1.7%), Iron: 0.26mg (1.42%), Folate: 5.42µg (1.35%), Vitamin B2: 0.02mg (1.21%), Vitamin B5: 0.12mg (1.17%)