



Perfect Mashed Potatoes



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

Ingredients



2 Tbsp butter



4 Tbsp heavy cream



1 Tbsp milk



0.5 teaspoon salt



4 servings salt and pepper



1.5 lbs yukon gold potatoes peeled quartered

Equipment



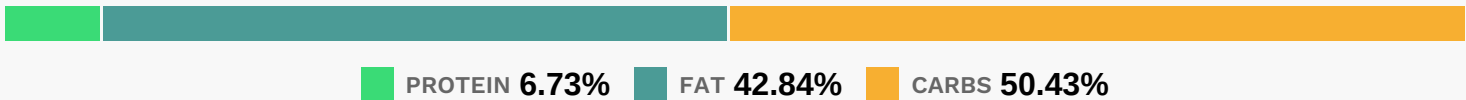
bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher
- ☐ stove
- ☐ microwave

Directions

- ☐ Put potatoes into a saucepan.
- ☐ Add 1/2 teaspoon salt.
- ☐ Add water until potatoes are covered. Bring to boil, reduce heat and simmer, covered, 15–20 minutes, or until done – a fork can easily be poked through them.2 Warm cream and melt butter, together, either in microwave or in a pan on the stove.
- ☐ Drain water from potatoes. Put hot potatoes into a bowl.
- ☐ Add cream and melted butter. Use potato masher to mash potatoes until well mashed. Use a strong spoon to beat further, adding milk to achieve the consistency you desire. (Do not over-beat or your potatoes will get gluey.) Salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:42.94, Glycemic Load:21.82, Inflammation Score:-5, Nutrition Score:9.3895651335302%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 235.13kcal (11.76%), Fat: 11.45g (17.61%), Saturated Fat: 7.21g (45.08%), Carbohydrates: 30.32g (10.11%), Net Carbohydrates: 26.58g (9.67%), Sugar: 1.95g (2.17%), Cholesterol: 32.67mg (10.89%), Sodium: 545.81mg (23.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Vitamin C: 33.6mg (40.73%), Vitamin B6: 0.51mg (25.48%), Potassium: 737.79mg (21.08%), Fiber: 3.74g (14.97%), Manganese: 0.26mg (13.09%), Phosphorus: 111.15mg (11.11%), Magnesium: 40.78mg (10.19%), Vitamin B1: 0.14mg (9.44%), Copper: 0.19mg (9.29%), Vitamin B3: 1.81mg (9.05%), Vitamin A: 407.41IU (8.15%), Iron: 1.35mg (7.49%), Folate: 28.03µg (7.01%), Vitamin B5: 0.56mg (5.64%),

Vitamin B2: 0.09mg (5.31%), Vitamin K: 4.22µg (4.02%), Calcium: 36.93mg (3.69%), Zinc: 0.55mg (3.68%), Vitamin E: 0.32mg (2.14%), Vitamin D: 0.28µg (1.88%), Selenium: 1.1µg (1.58%)