



Potato Ghosts



Vegetarian



Gluten Free

READY IN



4500 min.

SERVINGS



8

CALORIES



281 kcal

SIDE DISH

Ingredients

- ☐ 8 servings caraway seeds for garnish (sometimes mislabeled "black onion seeds")
- ☐ 3 large egg yolks
- ☐ 4 pounds potatoes boiling (preferably white-fleshed)
- ☐ 0.8 stick butter unsalted cut into pieces
- ☐ 1.3 cups milk whole

Equipment

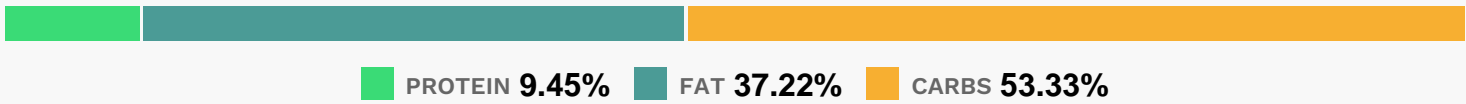
- ☐ bowl
- ☐ sauce pan

- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ hand mixer
- ☐ stand mixer
- ☐ pastry bag
- ☐ potato ricer

Directions

- ☐ Peel and quarter potatoes, then cover with water in a 4-quart pot and season well with salt. Simmer, partially covered, until tender, 15 to 20 minutes.
- ☐ While potatoes are simmering, heat butter and milk in a small saucepan until butter is melted.
- ☐ Remove from heat and cover to keep warm.
- ☐ Preheat oven to 400°F with rack in middle.
- ☐ Drain potatoes and force through ricer into a large bowl (or mixer bowl if using stand mixer). Beat in milk mixture, yolks, and 1/2 teaspoon each of salt and pepper with an electric mixer at low speed until combined.
- ☐ Spread about one-third of potatoes in a buttered 1 1/2-quart shallow ovenproof dish.
- ☐ Transfer remaining potatoes to pastry bag. Pipe potatoes close together into 2 1/2- to 3-inch-high pointed mounds to form "ghosts" and garnish each mound with 2 seeds for "eyes."
- ☐ Bake until tips of ghosts are golden and potatoes are firm, 20 to 25 minutes.
- ☐ Potatoes can be piped into dish 1 day ahead and chilled, loosely covered with plastic wrap.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:12.573913066284%

Flavonoids

Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 281.45kcal (14.07%), Fat: 11.97g (18.41%), Saturated Fat: 6.85g (42.78%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 34.34g (12.49%), Sugar: 4.81g (5.34%), Cholesterol: 96.2mg (32.07%), Sodium: 59.71mg (2.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Potassium: 1112.11mg (31.77%), Vitamin C: 19.71mg (23.9%), Vitamin B6: 0.44mg (21.75%), Phosphorus: 209.94mg (20.99%), Fiber: 4.24g (16.94%), Manganese: 0.34mg (16.91%), Copper: 0.32mg (16%), Vitamin B1: 0.22mg (14.71%), Magnesium: 57.58mg (14.4%), Vitamin B3: 2.69mg (13.44%), Folate: 50.55µg (12.64%), Iron: 1.99mg (11.08%), Vitamin B5: 0.98mg (9.77%), Vitamin B2: 0.16mg (9.65%), Vitamin A: 437.93IU (8.76%), Calcium: 87.23mg (8.72%), Selenium: 5.66µg (8.08%), Zinc: 1.12mg (7.44%), Vitamin K: 7.48µg (7.12%), Vitamin D: 0.92µg (6.15%), Vitamin B12: 0.35µg (5.8%), Vitamin E: 0.48mg (3.18%)