



## Potato Puree

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



154 kcal

SIDE DISH

## Ingredients

- 3 pounds baking potatoes peeled
- 8 servings kosher salt
- 1 cup milk
- 1 butter unsalted

## Equipment

- sauce pan
- whisk
- potato ricer

## Directions

- Bring a large saucepan of water to a boil.
- Add the whole potatoes and cook over moderate heat until tender, 20 minutes.
- Drain and wipe out the saucepan. Working with 1 potato at a time, pass the potatoes through a ricer into the saucepan.
- In a small saucepan, melt the butter in the milk over moderate heat. Gradually whisk the hot milk into the potatoes and season generously with salt. Cook over moderate heat, whisking, until hot.
- Serve.

## Nutrition Facts



## Properties

Glycemic Index:15.34, Glycemic Load:24.72, Inflammation Score:-3, Nutrition Score:8.0247825999623%

## Nutrients (% of daily need)

Calories: 153.57kcal (7.68%), Fat: 1.21g (1.87%), Saturated Fat: 0.68g (4.22%), Carbohydrates: 32.16g (10.72%), Net Carbohydrates: 29.95g (10.89%), Sugar: 2.52g (2.8%), Cholesterol: 3.93mg (1.31%), Sodium: 213.9mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin B6: 0.61mg (30.27%), Potassium: 755.13mg (21.58%), Manganese: 0.27mg (13.44%), Phosphorus: 124.39mg (12.44%), Vitamin C: 9.7mg (11.75%), Magnesium: 42.79mg (10.7%), Vitamin B1: 0.16mg (10.44%), Vitamin B3: 1.79mg (8.96%), Fiber: 2.21g (8.85%), Copper: 0.18mg (8.78%), Iron: 1.46mg (8.14%), Vitamin B5: 0.63mg (6.26%), Calcium: 59.78mg (5.98%), Folate: 23.82µg (5.95%), Vitamin B2: 0.1mg (5.78%), Zinc: 0.62mg (4.13%), Vitamin K: 3.16µg (3.01%), Vitamin B12: 0.16µg (2.75%), Vitamin D: 0.34µg (2.25%), Selenium: 1.26µg (1.8%), Vitamin A: 54.23IU (1.08%)