



Puffed Mashed Potatoes

 Gluten Free

READY IN



66 min.

SERVINGS



12

CALORIES



250 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter melted
- 3 tablespoons butter
- 2 large eggs lightly beaten
- 0.8 cup half-and-half
- 3 oz manchego cheese shredded
- 0.5 teaspoon pepper
- 1 tablespoon salt divided
- 5 pounds yukon gold potatoes peeled cut into 2-inch pieces

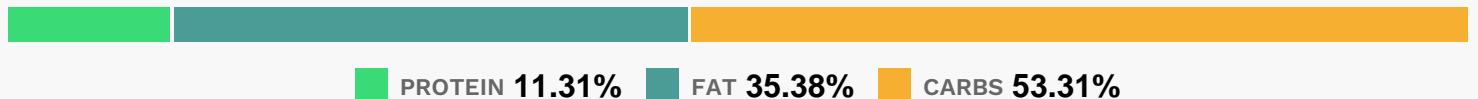
Equipment

- oven
- baking pan
- potato masher
- dutch oven

Directions

- Bring potatoes, 2 tsp. salt, and water to cover to a boil in a large Dutch oven over medium-high heat. Boil 20 minutes or until tender; drain. Reduce heat to low. Return potatoes to Dutch oven, and cook, stirring occasionally, 1 to 2 minutes or until potatoes are dry.
- Remove from heat; mash potatoes with a potato masher to desired consistency.
- Preheat oven to 40
- Stir butter, next 4 ingredients, and remaining 1 tsp. salt into potatoes.
- Spread mixture into a lightly greased 2 1/2- to 3-qt. baking dish.
- Brush with melted butter.
- Bake at 400 for 20 to 25 minutes or until thoroughly heated and puffed.
- Serve immediately.
- *Shredded Parmesan cheese may be substituted.
- Note: To make Puffed Mashed Potatoes ahead, prepare recipe as directed through Step Cover and chill up to 2 days.
- Remove from refrigerator, and let stand at room temperature for at least 30 minutes. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:17.98, Glycemic Load:24.18, Inflammation Score:-5, Nutrition Score:11.159565091133%

Flavonoids

Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 249.7kcal (12.48%), Fat: 9.97g (15.33%), Saturated Fat: 6.14g (38.4%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 29.61g (10.77%), Sugar: 2.13g (2.37%), Cholesterol: 56.42mg (18.81%), Sodium: 694.31mg (30.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Vitamin C: 37.37mg (45.3%), Vitamin B6: 0.58mg (28.98%), Potassium: 829.77mg (23.71%), Fiber: 4.18g (16.72%), Manganese: 0.3mg (15.19%), Phosphorus: 140.13mg (14.01%), Calcium: 121.49mg (12.15%), Magnesium: 46.26mg (11.56%), Copper: 0.21mg (10.65%), Vitamin B1: 0.16mg (10.63%), Vitamin B3: 2.02mg (10.09%), Iron: 1.64mg (9.12%), Folate: 34.8µg (8.7%), Vitamin B2: 0.13mg (7.65%), Vitamin B5: 0.74mg (7.38%), Vitamin A: 287.53IU (5.75%), Selenium: 3.67µg (5.25%), Zinc: 0.72mg (4.82%), Vitamin K: 4.36µg (4.15%), Vitamin B12: 0.11µg (1.88%), Vitamin E: 0.28mg (1.87%), Vitamin D: 0.17µg (1.11%)