



Shrimp Mashed Potatoes



Gluten Free

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READY IN

ready

60 min.

SERVINGS

servings

4

CALORIES

calories

474 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



0.5 teaspoon pepper black freshly ground



2.5 teaspoons chives fresh chopped



2.5 teaspoons thyme leaves fresh chopped



2 cloves garlic peeled



0.3 cup half-and-half at room temperature



0.3 teaspoon kosher salt



1 tablespoon kosher salt

- ☐ 2 small lemon zest
- ☐ 2.5 teaspoons parsley fresh italian chopped
- ☐ 12 ounces shrimp deveined peeled per pound), and
- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 6 tablespoons butter unsalted at room temperature
- ☐ 2 pounds yukon gold potatoes diced peeled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon
- ☐ colander

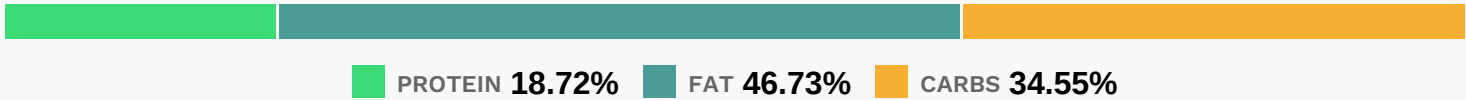
Directions

- ☐ Watch how to make this recipe.
- ☐ Place the potatoes, 2 tablespoons of the butter, garlic and 1 tablespoon salt in a large saucepan.
- ☐ Add enough cold water to cover the potatoes by 1 inch. Bring to a boil over medium-high heat. Simmer until tender, 15 to 20 minutes.
- ☐ Remove the garlic cloves.
- ☐ Drain the potatoes in a colander.
- ☐ Place the potatoes back into the saucepan.
- ☐ Add the remaining 4 tablespoons butter and the half-and-half. Using a hand masher, mash the potatoes until smooth. Stir in the zest, chives, parsley, thyme, the remaining 1 teaspoon salt and 1/2 teaspoon pepper. Keep warm over low heat.
- ☐ For the shrimp: In a medium nonstick skillet, heat the butter over medium-high heat.
- ☐ Add the shrimp and sprinkle with the salt and pepper. Cook until the shrimp are cooked through, about 3 minutes. Using a slotted spoon, remove the shrimp and set aside. When cool enough to handle, chop the shrimp into 1/2-inch pieces. Stir the shrimp and any pan juices

into the potatoes.

☐ Transfer to a bowl and serve.

Nutrition Facts



Properties

Glycemic Index:74.94, Glycemic Load:29.25, Inflammation Score:-9, Nutrition Score:17.050434807073%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 473.56kcal (23.68%), Fat: 25.14g (38.68%), Saturated Fat: 15.61g (97.54%), Carbohydrates: 41.84g (13.95%), Net Carbohydrates: 36.22g (13.17%), Sugar: 2.57g (2.85%), Cholesterol: 202.42mg (67.47%), Sodium: 2017.25mg (87.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.66g (45.32%), Vitamin C: 51.6mg (62.55%), Vitamin B6: 0.71mg (35.38%), Potassium: 1232.02mg (35.2%), Phosphorus: 337.34mg (33.73%), Copper: 0.61mg (30.25%), Manganese: 0.48mg (23.9%), Fiber: 5.63g (22.51%), Magnesium: 87.81mg (21.95%), Vitamin A: 853.34IU (17.07%), Iron: 2.56mg (14.21%), Zinc: 1.94mg (12.95%), Vitamin B1: 0.19mg (12.91%), Vitamin B3: 2.47mg (12.37%), Calcium: 119.84mg (11.98%), Folate: 39.39µg (9.85%), Vitamin K: 9.46µg (9.01%), Vitamin B5: 0.78mg (7.77%), Vitamin B2: 0.12mg (7.23%), Vitamin E: 0.72mg (4.83%), Vitamin D: 0.42µg (2.8%), Selenium: 1.71µg (2.44%), Vitamin B12: 0.08µg (1.27%)