



Simple Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



351 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 6 servings garnish: pats of butter
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 0.8 cup whipping cream
- ☐ 2.5 pounds yukon gold potatoes

Equipment

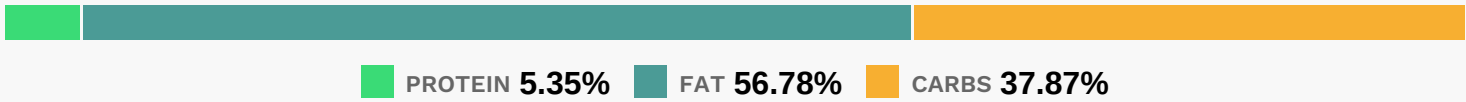
- ☐ hand mixer

☐ dutch oven

Directions

- ☐ Bring potatoes and cold water to cover to a boil in a large Dutch oven; boil 25 minutes or until tender.
- ☐ Drain; peel, if desired.
- ☐ Beat potatoes at low speed with an electric mixer just until mashed.
- ☐ Add 1/4 cup butter, salt, and pepper, beating until butter is melted. Gradually add cream, beating just until smooth.
- ☐ Serve immediately.
- ☐ Garnish, if desired.
- ☐ *Red or russet potatoes may be substituted.

Nutrition Facts



Properties

Glycemic Index:35.96, Glycemic Load:24.19, Inflammation Score:-6, Nutrition Score:11.173043313234%

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: 350.76kcal (17.54%), Fat: 22.64g (34.83%), Saturated Fat: 14.33g (89.53%), Carbohydrates: 33.98g (11.33%), Net Carbohydrates: 29.78g (10.83%), Sugar: 2.35g (2.61%), Cholesterol: 64.7mg (21.57%), Sodium: 499.95mg (21.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.61%), Vitamin C: 37.41mg (45.35%), Vitamin B6: 0.57mg (28.44%), Potassium: 829.7mg (23.71%), Fiber: 4.2g (16.8%), Vitamin A: 803.33IU (16.07%), Manganese: 0.31mg (15.59%), Phosphorus: 128.72mg (12.87%), Magnesium: 46.14mg (11.53%), Vitamin B1: 0.16mg (10.54%), Copper: 0.21mg (10.5%), Vitamin B3: 2.02mg (10.1%), Iron: 1.53mg (8.48%), Folate: 31.89µg (7.97%), Vitamin B2: 0.12mg (7.15%), Vitamin B5: 0.65mg (6.54%), Vitamin K: 5.83µg (5.55%), Calcium: 46.76mg (4.68%), Zinc: 0.64mg (4.24%), Vitamin E: 0.63mg (4.2%), Vitamin D: 0.48µg (3.17%), Selenium: 1.61µg (2.3%), Vitamin B12: 0.07µg (1.2%)