



The Best Mashed Potatoes

 Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



381 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 1.5 cups cream cheese
- 1 cup chives fresh chopped
- 0.5 medium head garlic minced peeled
- 2 cups parmesan cheese
- 1 pinch salt and pepper to taste
- 5 pounds yukon gold potatoes

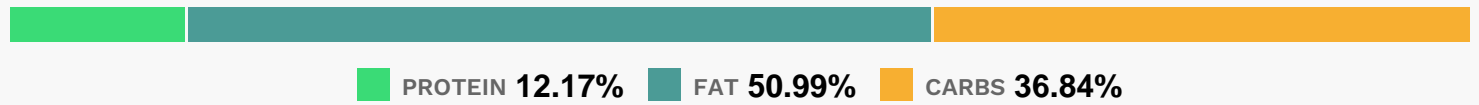
Equipment

- pot
- potato masher
- stove

Directions

- Bring a pot of salted water to a boil.
- Add potatoes; cook until tender but still firm.
- Drain and return to stove over low heat to dry for 1 to 2 minutes.
- Add butter, Parmesan cheese, chives, cream cheese, garlic, salt, and pepper. Use a potato masher to mash until smooth, and serve.

Nutrition Facts



Properties

Glycemic Index:21.9, Glycemic Load:24.88, Inflammation Score:-7, Nutrition Score:14.321304126926%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 380.73kcal (19.04%), Fat: 21.94g (33.75%), Saturated Fat: 13.38g (83.65%), Carbohydrates: 35.66g (11.89%), Net Carbohydrates: 31.39g (11.42%), Sugar: 2.75g (3.06%), Cholesterol: 60.33mg (20.11%), Sodium: 431.78mg (18.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.57%), Vitamin C: 39.53mg (47.92%), Vitamin B6: 0.61mg (30.4%), Phosphorus: 259.74mg (25.97%), Calcium: 254.99mg (25.5%), Potassium: 865.28mg (24.72%), Vitamin A: 896.59IU (17.93%), Fiber: 4.27g (17.06%), Manganese: 0.33mg (16.38%), Magnesium: 55.24mg (13.81%), Vitamin K: 12.25µg (11.67%), Vitamin B1: 0.17mg (11.31%), Copper: 0.22mg (11.16%), Vitamin B2: 0.19mg (11.14%), Vitamin B3: 2.1mg (10.48%), Selenium: 7.05µg (10.07%), Iron: 1.72mg (9.54%), Folate: 37.78µg (9.44%), Vitamin B5: 0.82mg (8.25%), Zinc: 1.19mg (7.93%), Vitamin B12: 0.28µg (4.64%), Vitamin E: 0.53mg (3.51%)