



The Cheesiest Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



238 kcal

SIDE DISH

Ingredients

- 2 large baking potatoes (large)
- 6 ounces fontina shredded
- 1 large garlic minced (large)
- 1.5 cups heavy cream
- 15 servings salt
- 6 ounces mozzarella cheese shredded
- 6 tablespoons butter unsalted

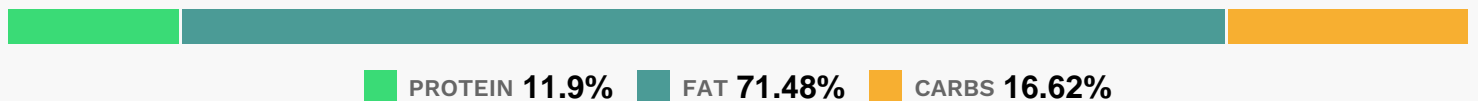
Equipment

- sauce pan
- potato ricer

Directions

- In a large saucepan, cover the potatoes with 2 inches of water. Bring to a boil and simmer until tender, about 30 minutes.
- Drain and peel the potatoes. Pass them through a ricer into the saucepan. Stir in the butter and 1/2 cup of the cream until incorporated.
- In a small saucepan, combine the remaining 1 cup of cream with the minced garlic and bring to a boil. Stir the garlic cream into the potatoes and cook over low heat until smooth and creamy.
- Add the cheese by the handful, stirring it in until melted before adding more. Season with salt and serve hot. If necessary, add a few drops of hot water to loosen the potatoes.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:7.13, Inflammation Score:-4, Nutrition Score:5.4717390848243%

Nutrients (% of daily need)

Calories: 238.37kcal (11.92%), Fat: 19.24g (29.59%), Saturated Fat: 12.03g (75.2%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 9.42g (3.42%), Sugar: 1.3g (1.44%), Cholesterol: 61.05mg (20.35%), Sodium: 365.15mg (15.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.41%), Calcium: 143.57mg (14.36%), Vitamin A: 670.5IU (13.41%), Phosphorus: 121.89mg (12.19%), Vitamin B6: 0.19mg (9.72%), Vitamin B12: 0.5µg (8.28%), Potassium: 245.84mg (7.02%), Vitamin B2: 0.12mg (6.96%), Selenium: 4.57µg (6.53%), Zinc: 0.94mg (6.24%), Manganese: 0.09mg (4.33%), Magnesium: 17mg (4.25%), Vitamin D: 0.58µg (3.85%), Vitamin C: 3.01mg (3.65%), Vitamin B1: 0.05mg (3.44%), Copper: 0.06mg (2.95%), Iron: 0.53mg (2.94%), Vitamin B5: 0.28mg (2.81%), Vitamin B3: 0.56mg (2.79%), Vitamin E: 0.41mg (2.71%), Fiber: 0.64g (2.58%), Vitamin K: 2.6µg (2.47%), Folate: 9.49µg (2.37%)