



WHATSheATE



The Definitive Mashed Potato



Vegetarian



Gluten Free

READY IN



42 min.

SERVINGS



8

CALORIES



366 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 1 tablespoon garlic minced
- ☐ 1.5 cups heavy cream to taste
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 pounds finnish potatoes yellow
- ☐ 8 servings sea salt
- ☐ 0.5 cup butter unsalted at room temperature

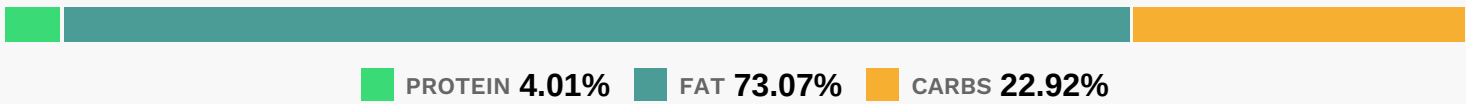
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ potato masher
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 325 degrees F.
- ☐ Put the potatoes in a large saucepan with salted cold water to cover and bring to a boil over high heat. Cook until tender, about 10 minutes.
- ☐ Drain well, scatter onto a baking sheet and let cool for several minutes.
- ☐ Place in the oven to dry out, about 5 minutes. Smash the potatoes with a large fork or potato masher.
- ☐ Heat 1 tablespoon of the butter in a large saucepan over medium heat until the butter stops foaming and turns a light brown.
- ☐ Add the garlic and cook quickly until pale gold.
- ☐ Add the cream, season, to taste, with salt and pepper, and bring to a boil. Reduce the heat to low and fold in potatoes with a wooden spoon or large whisk.
- ☐ Add the remaining butter by tablespoons, stirring after each addition. Stir in the extra-virgin olive oil. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:18.22, Glycemic Load:14.61, Inflammation Score:-6, Nutrition Score:8.4073913563853%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.81mg,

Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 366.37kcal (18.32%), Fat: 30.43g (46.81%), Saturated Fat: 17.96g (112.22%), Carbohydrates: 21.48g (7.16%), Net Carbohydrates: 18.94g (6.89%), Sugar: 2.21g (2.45%), Cholesterol: 80.93mg (26.98%), Sodium: 214.45mg (9.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Vitamin C: 22.92mg (27.78%), Vitamin A: 1013.44IU (20.27%), Vitamin B6: 0.36mg (18.16%), Potassium: 528.61mg (15.1%), Manganese: 0.2mg (10.22%), Fiber: 2.54g (10.16%), Phosphorus: 95.61mg (9.56%), Vitamin E: 1.14mg (7.61%), Magnesium: 29.92mg (7.48%), Vitamin B2: 0.13mg (7.43%), Vitamin B1: 0.1mg (6.83%), Copper: 0.13mg (6.71%), Vitamin B3: 1.24mg (6.19%), Vitamin D: 0.93µg (6.18%), Vitamin K: 6.38µg (6.08%), Iron: 0.98mg (5.42%), Folate: 20.4µg (5.1%), Calcium: 48.87mg (4.89%), Vitamin B5: 0.47mg (4.72%), Zinc: 0.46mg (3.08%), Selenium: 1.97µg (2.81%), Vitamin B12: 0.1µg (1.59%)