



The Definitive Mashed Potato with Roasted Garlic

 Vegetarian  Gluten Free

READY IN



565 min.

SERVINGS



8

CALORIES



678 kcal

SIDE DISH

Ingredients

- 1 pound garlic heads whole
- 1 tablespoon ginger/garlic paste
- 1.5 cups heavy cream to taste
- 0.5 cup olive oil extra-virgin
- 0.5 cup olive oil pure
- 8 servings sea salt black freshly ground
- 8 servings gray sea salt and pepper freshly ground

- 3 sticks butter unsalted at room temperature
- 2 pounds yukon gold potatoes

Equipment

- frying pan
- sauce pan
- oven
- whisk
- blender
- potato masher

Directions

- Watch how to make this recipe.
- Start with the roasted garlic: Preheat the oven to 350 degrees F.
- Peel the outermost layers of skin off the heads of garlic.
- Cut off the top 1/3 of the heads to open the cloves.
- Heat olive oil in a large oven-safe saute pan over medium heat.
- Add garlic, cut sides up, and saute for about 10 minutes. Season with salt and pepper.
- Transfer pan to the oven and roast for 15 minutes.
- Remove from heat and let cool. Pop garlic cloves from their skins and place cloves in a blender, along with any olive oil left in the pan. Puree until smooth; you should have a paste-like consistency.
- For the potatoes: Cube the potatoes. Then put the potatoes in a large saucepan with salted cold water and place in the refrigerator overnight. The next day, add some more salt and then bring to a boil over high heat. Cook until tender, about 10 minutes.
- Drain well, place potato cubes in a food mill, and grind to remove skins. Alternatively, 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 paste and cook quickly.

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 wooded 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, and serve.

Nutrition Facts

 PROTEIN **4.38%**  FAT **72.43%**  CARBS **23.19%**

Properties

Glycemic Index:21.97, Glycemic Load:19.96, Inflammation Score:-8, Nutrition Score:18.002608662066%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 678.13kcal (33.91%), Fat: 56.28g (86.58%), Saturated Fat: 32.86g (205.37%), Carbohydrates: 40.56g (13.52%), Net Carbohydrates: 36.81g (13.38%), Sugar: 2.8g (3.11%), Cholesterol: 141.53mg (47.18%), Sodium: 227.39mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.31%), Manganese: 1.17mg (58.41%), Vitamin B6: 1.08mg (53.9%), Vitamin C: 40.88mg (49.55%), Vitamin A: 1723.03IU (34.46%), Potassium: 766.27mg (21.89%), Phosphorus: 190.47mg (19.05%), Calcium: 159.87mg (15.99%), Copper: 0.31mg (15.54%), Fiber: 3.75g (15%), Selenium: 10.43µg (14.89%), Vitamin E: 2.23mg (14.87%), Vitamin B1: 0.22mg (14.6%), Vitamin B2: 0.2mg (11.72%), Magnesium: 44.87mg (11.22%), Iron: 1.98mg (10.97%), Vitamin K: 10.96µg (10.44%), Vitamin D: 1.35µg (9%), Vitamin B5: 0.85mg (8.47%), Vitamin B3: 1.65mg (8.26%), Zinc: 1.16mg (7.7%), Folate: 22.97µg (5.74%), Vitamin B12: 0.14µg (2.39%)