

The Fluffiest Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



315 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 10 servings pepper black freshly ground
- ☐ 8 peppercorns whole black
- ☐ 0.5 cup heavy cream
- ☐ 3 tablespoons kosher salt
- ☐ 4 pounds russet potatoes
- ☐ 3 sprigs thyme leaves
- ☐ 0.5 cup butter unsalted chilled cubed (1 stick)

- ☐ 1 cup milk whole
- ☐ 1 pound yukon gold potatoes

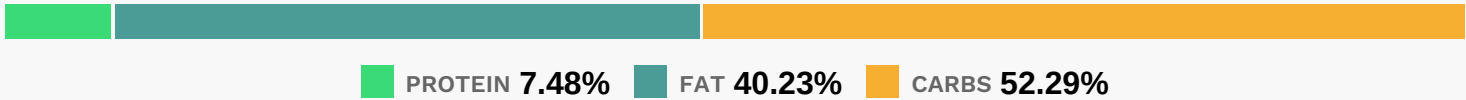
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Fill a large pot halfway with cold water. Peel 4 pounds russet and 1 pound
- ☐ Yukon Gold potatoes and cut into 2" pieces, adding to pot as they are cut.
- ☐ Add cold water to cover by 1" if needed. Stir in 3 tablespoons kosher salt. Bring to a boil, then reduce heat to medium-low and gently simmer until tender, 10–15 minutes.
- ☐ Drain potatoes and transfer to a baking sheet.
- ☐ Let dry, 5–10 minutes.
- ☐ Meanwhile, heat 1 cup whole milk, 1/2 cup heavy cream, 8 whole black peppercorns, 3 sprigs thyme or 1 sprig rosemary, and 2 bay leaves in a small saucepan over medium heat, stirring occasionally, until mixture is very hot but not boiling, about 10 minutes.
- ☐ Remove from heat and let mixture infuse for 20 minutes; strain. This will add herbal flavor without coloring the liquid.
- ☐ Pass potatoes through the smallest disk of a food mill along with 1/2 cup (1 stick) cubed, chilled unsalted butter into a large bowl. Stir in the hot cream mixture. Season generously to taste with kosher salt and freshly ground black pepper. To hold, press plastic wrap directly against the surface and set bowl over (not in) a large pot of simmering water for up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:34.05, Glycemic Load:32.05, Inflammation Score:-5, Nutrition Score:11.646086910497%

Flavonoids

Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 315.36kcal (15.77%), Fat: 14.48g (22.28%), Saturated Fat: 9.09g (56.78%), Carbohydrates: 42.34g (14.11%), Net Carbohydrates: 38.92g (14.15%), Sugar: 3.01g (3.34%), Cholesterol: 40.78mg (13.59%), Sodium: 2118.51mg (92.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.11%), Vitamin B6: 0.78mg (39.03%), Potassium: 1001.4mg (28.61%), Vitamin C: 19.38mg (23.49%), Manganese: 0.39mg (19.32%), Phosphorus: 160.24mg (16.02%), Magnesium: 56.6mg (14.15%), Fiber: 3.42g (13.68%), Vitamin B1: 0.2mg (13.47%), Copper: 0.24mg (12.17%), Vitamin B3: 2.4mg (11.98%), Iron: 1.98mg (11.01%), Vitamin A: 503.98IU (10.08%), Folate: 33.63µg (8.41%), Vitamin B5: 0.82mg (8.17%), Vitamin B2: 0.13mg (7.93%), Calcium: 72.26mg (7.23%), Vitamin K: 5.67µg (5.4%), Zinc: 0.81mg (5.37%), Vitamin D: 0.63µg (4.19%), Vitamin B12: 0.17µg (2.83%), Vitamin E: 0.41mg (2.73%), Selenium: 1.81µg (2.59%)