



Twice Baked Rosemary Blue Potato Mash

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

500 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups cheese blue crumbled recommended: Shropshire
- ☐ 2 cloves garlic peeled smashed
- ☐ 4 servings kosher salt
- ☐ 4 servings freshly cracked pepper black
- ☐ 1 tablespoon rosemary leaves finely chopped
- ☐ 6 tablespoons butter unsalted plus more for baking dish
- ☐ 6 yukon gold potatoes peeled cut into chunks

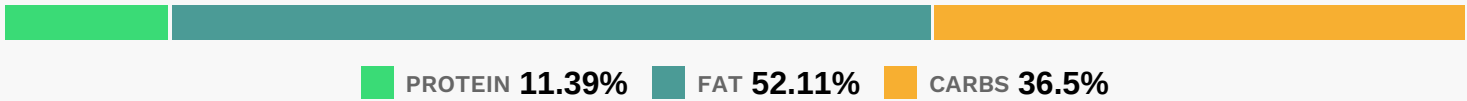
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ broiler
- ☐ potato ricer

Directions

- ☐ Butter a 6 to 8 cup shallow baking dish.
- ☐ In a small saucepan, heat the butter, garlic, rosemary and pepper, to taste, until the butter is melted. Allow it to sit over very low heat to infuse flavors and keep hot while cooking the potatoes.
- ☐ In a large pot, add the potatoes, cover with water and add a heavy pinch of salt. Bring to a boil over medium heat, then reduce the heat and simmer the potatoes until fork tender, about 15 minutes. Immediately drain the potatoes and then put them back into hot pot over very low heat, to dry thoroughly. Next, pass them through a food mill over a bowl. If you don't have a food mill, you can hand mash or use a ricer.
- ☐ Preheat the oven broiler.
- ☐ Remove the smashed garlic from warm butter and whisk in about 1 cup of the blue cheese. By hand, mix the cheese sauce into the potatoes and season with a little salt and pepper, to taste.
- ☐ Spread into the prepared baking dish and top with remaining cheese. Broil until the cheese is golden and melting, about 3 minutes.
- ☐ Remove the potatoes from the oven and serve.

Nutrition Facts



Properties

Glycemic Index:60.69, Glycemic Load:33.1, Inflammation Score:-7, Nutrition Score:18.616956638253%

Flavonoids

Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 499.98kcal (25%), Fat: 29.46g (45.32%), Saturated Fat: 18.78g (117.39%), Carbohydrates: 46.43g (15.48%), Net Carbohydrates: 40.55g (14.75%), Sugar: 2.23g (2.48%), Cholesterol: 76.79mg (25.6%), Sodium: 697.08mg (30.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.49g (28.98%), Vitamin C: 51.01mg (61.83%), Vitamin B6: 0.85mg (42.53%), Potassium: 1198.75mg (34.25%), Phosphorus: 316.46mg (31.65%), Calcium: 268.07mg (26.81%), Fiber: 5.88g (23.52%), Manganese: 0.44mg (22.12%), Magnesium: 70.42mg (17.61%), Vitamin A: 868.1IU (17.36%), Vitamin B3: 3.14mg (15.72%), Copper: 0.3mg (15.22%), Vitamin B5: 1.52mg (15.18%), Vitamin B2: 0.25mg (14.93%), Vitamin B1: 0.22mg (14.86%), Folate: 58.21µg (14.55%), Iron: 2.31mg (12.82%), Zinc: 1.92mg (12.77%), Selenium: 7.33µg (10.48%), Vitamin B12: 0.55µg (9.17%), Vitamin K: 7.52µg (7.16%), Vitamin E: 0.62mg (4.14%), Vitamin D: 0.53µg (3.51%)