



Velvet Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 12 medium potato boiling peeled cut into large pieces (4 pounds)
- ☐ 0.8 cup milk
- ☐ 0.5 package cream cheese softened cut into cubes and (8-ounce size)
- ☐ 0.5 cup butter softened
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper

Equipment

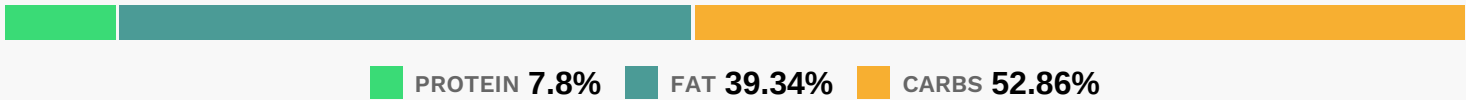
- ☐ bowl

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat 1 inch water (salted if desired) to boiling in Dutch oven.
- ☐ Add potatoes. Cover and heat to boiling; reduce heat. Cook 20 to 25 minutes or until tender; drain. Shake pan with potatoes over low heat to dry.
- ☐ Mash potatoes in large bowl until no lumps remain. Beat in milk in small amounts, beating after each addition (amount of milk needed to make potatoes smooth and fluffy depends on kind of potatoes used).
- ☐ Add cream cheese, butter, salt and pepper. Beat vigorously until potatoes are light and fluffy.

Nutrition Facts



Properties

Glycemic Index:8.08, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:10.210869488509%

Flavonoids

Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 259.27kcal (12.96%), Fat: 11.64g (17.91%), Saturated Fat: 3.84g (24%), Carbohydrates: 35.2g (11.73%), Net Carbohydrates: 31.57g (11.48%), Sugar: 3.84g (4.26%), Cholesterol: 11.34mg (3.78%), Sodium: 259.79mg (11.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.38%), Potassium: 1008.72mg (28.82%), Vitamin C: 18.34mg (22.23%), Vitamin B6: 0.38mg (18.88%), Phosphorus: 157.62mg (15.76%), Manganese: 0.3mg (15.24%), Fiber: 3.63g (14.51%), Copper: 0.29mg (14.38%), Magnesium: 49.86mg (12.46%), Vitamin B3: 2.47mg (12.37%), Vitamin B1: 0.18mg (12.28%), Vitamin A: 504.52IU (10.09%), Folate: 39.29µg (9.82%), Iron: 1.57mg (8.71%), Vitamin B5: 0.71mg (7.13%), Vitamin B2: 0.11mg (6.6%), Vitamin K: 6.45µg (6.15%), Zinc: 0.81mg (5.42%), Calcium: 52.18mg (5.22%), Selenium: 2.17µg (3.09%), Vitamin E: 0.4mg (2.69%), Vitamin B12: 0.11µg (1.88%), Vitamin D: 0.17µg (1.12%)