



Velvety Mashed Potatoes



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



261 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 8 servings chives fresh chopped for serving
- ☐ 1 cup heavy cream
- ☐ 8 servings kosher salt
- ☐ 0.3 cup olive oil
- ☐ 4 tablespoons butter unsalted
- ☐ 3 large yukon gold potatoes peeled

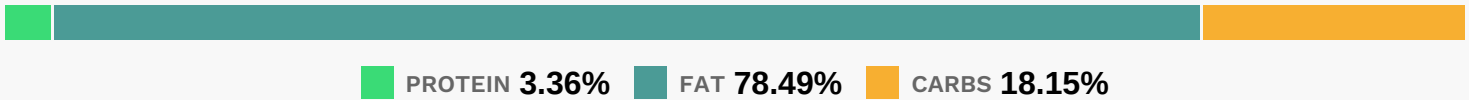
Equipment

- ☐ sauce pan
- ☐ mixing bowl
- ☐ potato ricer

Directions

- ☐ Warm the cream with the butter in a small saucepan over medium heat until the butter melts; set aside.
- ☐ Put the potatoes in a medium saucepan with cold water to cover. Bring to boil then add 1 teaspoon of salt and reduce the heat and simmer for 15 to 20 minutes, until the potatoes are very tender.
- ☐ Drain. Pass the potatoes through a food mill or a ricer into a large mixing bowl. Stir in the warm cream and butter mixture until the cream is absorbed and the mixture is smooth. Season the potatoes with salt and pepper and finish them off by stirring in 1/4 cup olive oil and sprinkling with chives, if using.

Nutrition Facts



Properties

Glycemic Index:20.09, Glycemic Load:8.17, Inflammation Score:-5, Nutrition Score:5.3934781914172%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 260.65kcal (13.03%), Fat: 23.24g (35.75%), Saturated Fat: 11.39g (71.18%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 10.64g (3.87%), Sugar: 1.39g (1.54%), Cholesterol: 48.67mg (16.22%), Sodium: 206.6mg (8.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Vitamin C: 13.32mg (16.14%), Vitamin A: 657.61IU (13.15%), Vitamin B6: 0.2mg (10.02%), Vitamin E: 1.42mg (9.45%), Potassium: 302.73mg (8.65%), Vitamin K: 9.01µg (8.58%), Fiber: 1.45g (5.81%), Manganese: 0.12mg (5.75%), Phosphorus: 56.01mg (5.6%), Vitamin B2: 0.08mg (4.71%), Magnesium: 17.48mg (4.37%), Vitamin B1: 0.06mg (3.88%), Vitamin D: 0.58µg (3.87%), Copper: 0.08mg (3.81%), Vitamin B3: 0.7mg (3.51%), Iron: 0.59mg (3.3%), Folate: 12.67µg (3.17%), Calcium: 30.52mg (3.05%), Vitamin B5: 0.28mg (2.77%), Zinc: 0.27mg (1.8%), Selenium: 1.17µg (1.67%)