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Mock KFC Mashed Potatoes and Gravy ^{••}

This recipe is a delicious imitation of KFC's famous mashed potatoes and gravy. It's a classic comfort food dish that is perfect for any occasion. The creamy mashed potatoes are topped with a rich and flavorful gravy that will have you coming back for seconds.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

1000 g	potatoes
100 g	butter
200 ml	milk
1 tsp	Salt

0.5 tsp	Pepper
1 c	chicken broth
0.25 c	flour
1 tsp	Onion powder
1 tsp	Garlic powder
0.5 tsp	Paprika

Directions

Step 1

Cut

Peel and chop the potatoes into small pieces.

Prep Time: 10 mins

Cook Time: 15 mins

Step 2

Boiling

Boil the potatoes in a large pot of salted water until tender.

Prep Time: 0 mins

Cook Time: 15 mins

Step 3

Drain the potatoes and return them to the pot.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stirring

Add butter, milk, salt, and pepper to the potatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mashing

Mash the potatoes until smooth and creamy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Heating

In a separate saucepan, heat chicken broth over medium heat.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Mixing

In a small bowl, whisk together flour, onion powder, garlic powder, and paprika.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Stirring

Slowly whisk the flour mixture into the heated chicken broth.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Stirring

Continue to cook the gravy, stirring constantly, until thickened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 10

Serving

Serve the mashed potatoes with the gravy on top.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 2 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	6 mg	0.18%	0.23%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas

Barbecue

Kitchen Tools

Slow Cooker

Course

Side Dishes

Sauces & Dressings

Cultural

Chinese New Year

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diet

Volumetrics Diet

Paleo Diet

Vegetarian Diet

Pescatarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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