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## Light and Silky Mashed Potatoes ♦♦

Light and Silky Mashed Potatoes is a classic side dish made with fluffy potatoes, butter, and cream. It is a perfect accompaniment to any meal and is loved by both kids and adults. The potatoes are boiled until tender, then mashed and whipped to create a smooth and creamy texture. This recipe is easy to make and will impress your family and friends.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

1000 g	potatoes
50 g	butter
100 ml	cream
1 tsp	Salt

0.5 tsp Pepper

## Directions

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### Step 1

#### Cutting

Peel and cut the potatoes into small cubes.

**Prep Time:** 10 mins

**Cook Time:** 15 mins

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### Step 2

#### Boiling

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

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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### Step 3

Drain the potatoes and return them to the pot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Stirring

Add butter, cream, salt, and pepper to the pot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Mashing

Mash the potatoes using a potato masher or a fork until smooth and creamy.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Taste and adjust the seasoning if necessary.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

Serving

Serve the mashed potatoes hot as a side dish.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 8 g

**Protein:** 2 g

**Carbohydrates:** 17 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	17 g	30.91%	34%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	1 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	3 g	13.64%	17.65%
Fat	8 g	28.57%	32%
Cholesterol	15 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
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	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	8 mg	0.24%	0.31%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Spring

### Events

Picnic

### Course

Side Dishes

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

### Cost

Under \$10

### Demographics

Kids Friendly

Teen Friendly

Pregnancy Safe

Allergy Friendly

Heart Healthy

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Vegetarian Diet

Vegan Diet

## Meal Type

Lunch

Dinner

## Difficulty Level

Easy

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