

Perfect Mashed Potatoes

Ree Drummond - *"The Pioneer Woman Cooks: A Year of Holidays"*
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Servings: 12

5 pounds russet or Yukon Gold potatoes, peeled and chopped
1 cup (2 sticks) butter, cut into pieces
1 package (8 ounces) cream cheese, softened
1/2 cup half-and-half
1/2 cup heavy cream
1/2 teaspoon seasoned salt, plus more to taste
1/2 teaspoon Kosher salt, plus more to taste
1 teaspoon pepper, plus more to taste
butter (for topping)

Preparation Time: 15 minutes

Put the potatoes in a large pot. Cover with water and boil over high heat for 20 to 25 minutes, until fork-tender. Drain, then put back in the pot. Over low heat, mash the potatoes for 2 to 3 minutes until mostly smooth, allowing the steam and excess moisture to escape.

Add the butter, cream cheese, half-and-half, heavy cream, seasoned salt, salt and pepper. Use a masher to combine all of the ingredients until totally smooth.

Spread the potatoes in a buttered casserole dish, smoothing out the surface. Cover and refrigerate for up to two days.

When ready to bake, preheat the oven to 350 degrees. Dot the top of the potatoes with more butter.

Bake until piping hot and golden brown on top, 25 to 30 minutes.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 170 Calories; 18g Fat (93.8% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 55mg Cholesterol; 274mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

| | |
|--------------------------------|-----------|
| % Calories from Fat: | 93.8% |
| % Calories from Carbohydrates: | 2.2% |
| % Calories from Protein: | 4.1% |
| Total Fat (g): | 18g |
| Saturated Fat (g): | 11g |
| Monounsaturated Fat (g): | 5g |
| Polyunsaturated Fat (g): | 1g |
| Cholesterol (mg): | 55mg |
| Carbohydrate (g): | 1g |
| Dietary Fiber (g): | trace |
| Protein (g): | 2g |
| Sodium (mg): | 274mg |
| Potassium (mg): | 35mg |
| Calcium (mg): | 25mg |
| Iron (mg): | trace |
| Zinc (mg): | trace |
| Vitamin C (mg): | trace |
| Vitamin A (i.u.): | 711IU |
| Vitamin A (r.e.): | 196 1/2RE |

| | |
|---------------------|-------|
| Vitamin B12 (mcg): | .1mcg |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | .1mg |
| Folacin (mcg): | 3mcg |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.00% |

Food Exchanges

| | |
|----------------------|-------|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 0 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 3 1/2 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

| | | |
|-----------------|-----|------------------------|
| Calories | 170 | Calories from Fat: 159 |
|-----------------|-----|------------------------|

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 18g | 28% |
| Saturated Fat | 11g | 57% |
| Cholesterol | 55mg | 18% |
| Sodium | 274mg | 11% |
| Total Carbohydrates | 1g | 0% |
| Dietary Fiber | trace | 0% |
| Protein | 2g | |
| Vitamin A | | 14% |
| Vitamin C | | 0% |
| Calcium | | 2% |
| Iron | | 2% |

* Percent Daily Values are based on a 2000 calorie diet.