AMERICAN · SIDE

Carnivore "Mashed Potatoes" from Egg Whites and Cheese

35 min · Serves 7 · 313 kcal a serve · Video 12:55 · Chris Cooking Nashville

Carnivore · Gluten-free ingredients · Nut-free

A potato-free side made mostly from egg whites: a serve gives about 19 g of protein with only 2 g of carbohydrate, and is rich in selenium and a good source of vitamin A.

Diet notes: Keto (2 g net carbs a serve).

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Ingredients 13 · SERVES 7

- [ ] 910 g **liquid egg whites**, or the whites of 25–30 eggs
- [ ] 1 stick (110 g) **butter**, for cooking the egg whites
- [ ] 1 tsp **salt** (½ tsp in the pan, the rest to taste)
- [ ] 55 g **cream cheese**
- [ ] 55 g **fresh mozzarella** (not shredded)
- [ ] 2 tbsp **sour cream**
- [ ] 1 tsp grated **parmesan**
- [ ] 2 tsp **beef gelatin**, toasted in a dry pan until golden
- [ ] 1 tbsp **plain beef gelatin**
- [ ] ½ tsp **white pepper** (optional)
- [ ] 1½ tbsp **egg white powder**
- [ ] **heavy cream**, a few tablespoons at a time as needed to blend (about 60 ml)
- [ ] 2 tbsp **butter**, melted, to finish (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Melt 110 g butter in a large nonstick frying pan over medium-low heat. Before it has fully melted, pour in the 910 g egg whites and add ½ tsp salt. 1:23
2. Cook slowly, stirring and breaking the whites into small crumbs and turning the heat down if they set too fast. Keep going until all the watery liquid has cooked off and they look dry and crumbly, but don't let them brown. 2:58
3. For the toasted gelatin, stir 2 tsp gelatin in a dry pan over medium heat until golden. Put it in a high-powered blender with the cream cheese, mozzarella, sour cream, parmesan, 1 tbsp plain gelatin and the white pepper. 4:54
4. Tip the hot egg whites and all their buttery fat on top. Blend, starting on low and pushing the mixture into the blades, adding heavy cream a few tablespoons at a time, only as much as it needs to start moving, then slowly raise the speed. 6:53
5. Taste and add the rest of the salt, then add 1½ tbsp egg white powder and blend again until thick, smooth and free of lumps. 8:37
6. Spoon into a bowl and serve straight away. The cook finishes it his grandma's way: a well in the middle filled with 2 tbsp melted butter (optional). 9:33

> **Tip** The cook adds ⅛ tsp garlic powder with the egg whites (optional; left out here to keep it carnivore). He suggests 6–8 servings; serves 7 is our middle figure. Don't add the egg white powder if you'll bake the mash into another dish.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 7 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
313 kcal	20 g	2.1 g	0 g	25 g	660 mg
1,310 kJ	39% of a day	2 g net · 1.7 g sugars	0% of a day	15 g saturated	29% of a day
		1% of a day		32% of a day	

Energy from net carbs 3% · protein 26% · fat 71% — fits keto: 2 g net carbs, 71% of the energy from fat

High in (20%+ of a day) Selenium 57% · Vitamin A 24%

Source of (10–19%) Vitamin B12 16%

Recipe and video: Chris Cooking Nashville (@ChrisCookingNashville) on YouTube — youtube.com/watch?v=E6vuPpXqu9A, published 3 June 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/carnivore-egg-white-mashed-fauxtatoes