



## Browned Butter Mashed Potatoes



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



352 kcal

SIDE DISH

### Ingredients

- ☐ 0.8 cup butter
- ☐ 0.8 cup buttermilk
- ☐ 0.5 cup milk
- ☐ 8 servings parsley fresh
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon salt divided
- ☐ 4 pounds yukon gold potatoes peeled cut into 2-inch pieces

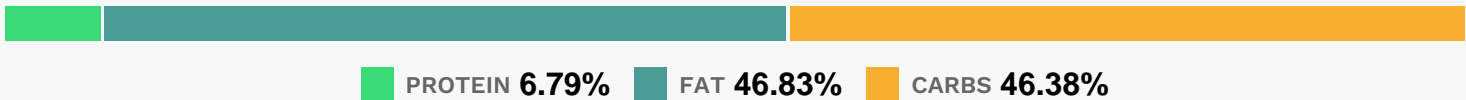
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ potato masher
- ☐ dutch oven

## Directions

- ☐ Cook butter in a 2-qt. heavy saucepan over medium heat, stirring constantly, 6 to 8 minutes or just until butter begins to turn golden brown. Immediately remove pan from heat, and pour butter into a small bowl. (Butter will continue to darken if left in saucepan.)
- ☐ Remove and reserve 1 to 2 Tbsp. browned butter.
- ☐ Bring potatoes, 2 tsp. salt, and water to cover to a boil in a large Dutch oven over medium-high heat; boil 20 minutes or until tender.
- ☐ Drain. Reduce heat to low. Return potatoes to Dutch oven, and cook, stirring occasionally, 3 to 5 minutes or until potatoes are dry.
- ☐ Mash potatoes with a potato masher to desired consistency. Stir in remaining browned butter, buttermilk, milk, pepper, and remaining 1 tsp. salt, stirring just until blended.
- ☐ Transfer to a serving dish.
- ☐ Drizzle with reserved 1 to 2 Tbsp. browned butter.
- ☐ Garnish, if desired.
- ☐ Note: To make ahead, prepare recipe as directed through Step
- ☐ Place in a lightly greased 2 1/2-qt. ovenproof serving dish; cover and chill up to 2 days.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Bake, uncovered, at 350 for 35 to 40 minutes or until thoroughly heated.
- ☐ Drizzle with reserved brown butter, and garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:33.34, Glycemic Load:29.67, Inflammation Score:-7, Nutrition Score:16.88173887004%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

## Nutrients (% of daily need)

Calories: 351.92kcal (17.6%), Fat: 18.73g (28.81%), Saturated Fat: 11.71g (73.22%), Carbohydrates: 41.74g (13.91%), Net Carbohydrates: 36.6g (13.31%), Sugar: 3.65g (4.05%), Cholesterol: 50.06mg (16.69%), Sodium: 1054.17mg (45.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.22%), Vitamin K: 71.61µg (68.2%), Vitamin C: 50mg (60.6%), Vitamin B6: 0.69mg (34.54%), Potassium: 1036.34mg (29.61%), Fiber: 5.14g (20.55%), Vitamin A: 935.49IU (18.71%), Manganese: 0.37mg (18.26%), Phosphorus: 171.33mg (17.13%), Magnesium: 58.8mg (14.7%), Vitamin B1: 0.21mg (13.67%), Copper: 0.26mg (12.91%), Vitamin B3: 2.49mg (12.44%), Iron: 2.04mg (11.34%), Folate: 44.14µg (11.04%), Vitamin B5: 0.85mg (8.54%), Vitamin B2: 0.14mg (8.45%), Calcium: 83.29mg (8.33%), Zinc: 0.87mg (5.8%), Vitamin E: 0.57mg (3.8%), Vitamin B12: 0.22µg (3.7%), Vitamin D: 0.46µg (3.07%), Selenium: 2.02µg (2.89%)