



Buttermilk and Chive Mashed Potatoes



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.8 cup buttermilk
- ☐ 2 tablespoons chives chopped
- ☐ 2 pounds potatoes red cut into 2-inch chunks
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 small shallots chopped

Equipment

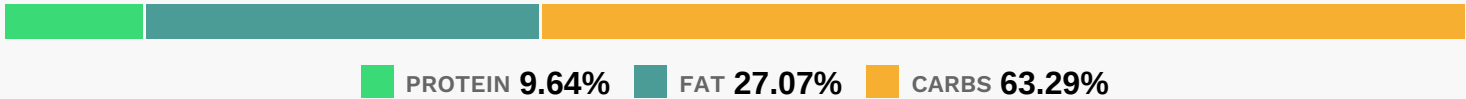
- ☐ sauce pan

- ☐ pot
- ☐ potato masher

Directions

- ☐ Watch how to make this recipe.
- ☐ Cover the cubed potatoes with cold salted water in a large saucepan and simmer until tender, about 20 minutes.
- ☐ While potatoes are cooking, add the butter to a small saucepan and saute the shallot until translucent.
- ☐ Add the buttermilk and warm. Season with salt and pepper.
- ☐ Once tender, drain potatoes, return to pot, and coarsely mash with a potato masher. Stir in the warmed buttermilk mixture, season with salt and pepper and garnish with chives.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:5.9504348246948%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 121.15kcal (6.06%), Fat: 3.75g (5.78%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 19.75g (6.58%), Net Carbohydrates: 17.68g (6.43%), Sugar: 2.82g (3.14%), Cholesterol: 10mg (3.33%), Sodium: 66.96mg (2.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Potassium: 561.16mg (16.03%), Vitamin C: 10.44mg (12.65%), Vitamin B6: 0.21mg (10.65%), Manganese: 0.19mg (9.27%), Phosphorus: 91.61mg (9.16%), Fiber: 2.07g (8.29%), Copper: 0.16mg (8.14%), Magnesium: 28.41mg (7.1%), Vitamin B1: 0.11mg (7.01%), Vitamin B3: 1.34mg (6.68%), Folate: 23.51µg (5.88%), Vitamin K: 5.39µg (5.13%), Iron: 0.89mg (4.97%), Vitamin B2: 0.08mg (4.51%), Vitamin B5: 0.42mg (4.19%), Calcium: 40.34mg (4.03%), Vitamin A: 165.85IU (3.32%), Zinc: 0.48mg (3.21%), Selenium: 1.48µg (2.12%), Vitamin D: 0.29µg (1.95%), Vitamin B12: 0.11µg (1.82%)