



## Buttermilk-Blue Cheese Smashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup cheese blue crumbled
- 0.3 cup buttermilk
- 1 pound potatoes red
- 0.3 teaspoon salt

### Equipment

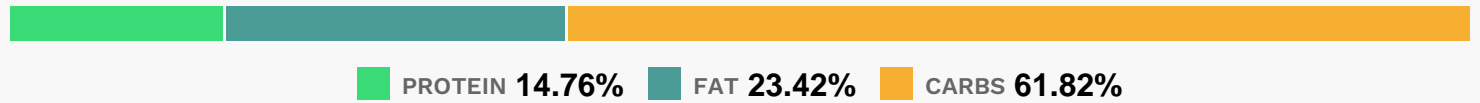
- frying pan
- sauce pan

potato masher

## Directions

- Place potatoes in a saucepan; cover with cold water to 2 inches above potatoes. Bring mixture to a boil over medium-high heat. Reduce heat to medium, and simmer 15 minutes or until tender; drain. Return potatoes to pan.
- Add buttermilk, blue cheese, salt, and pepper to pan; mash with potato masher to desired consistency.

## Nutrition Facts



## Properties

Glycemic Index:22.5, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:6.3665217342584%

## Flavonoids

Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 121.88kcal (6.09%), Fat: 3.25g (4.99%), Saturated Fat: 2g (12.5%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 17.32g (6.3%), Sugar: 2.48g (2.76%), Cholesterol: 8.53mg (2.84%), Sodium: 283.81mg (12.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.21%), Potassium: 566.25mg (16.18%), Phosphorus: 119.02mg (11.9%), Vitamin C: 9.75mg (11.82%), Vitamin B6: 0.21mg (10.72%), Manganese: 0.18mg (8.89%), Copper: 0.16mg (8.11%), Calcium: 79.53mg (7.95%), Fiber: 1.96g (7.84%), Magnesium: 29.11mg (7.28%), Vitamin B3: 1.41mg (7.04%), Vitamin B1: 0.1mg (6.92%), Folate: 24.47µg (6.12%), Vitamin B2: 0.1mg (6%), Vitamin B5: 0.54mg (5.4%), Iron: 0.87mg (4.85%), Zinc: 0.68mg (4.51%), Selenium: 2.54µg (3.62%), Vitamin K: 3.76µg (3.58%), Vitamin B12: 0.19µg (3.25%), Vitamin A: 106IU (2.12%), Vitamin D: 0.3µg (2.01%)