



Buttermilk-Garlic Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



273 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 cups buttermilk
- ☐ 3 garlic cloves chopped
- ☐ 0.7 cup milk
- ☐ 0.5 teaspoon pepper
- ☐ 22 oz potatoes frozen mashed
- ☐ 0.5 teaspoon salt

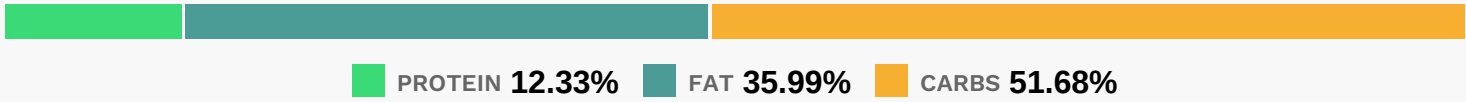
Equipment

☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium heat; add garlic, and saut 1 minute.
- ☐ Add buttermilk and next 3 ingredients. Cook, stirring constantly, 5 minutes or until thoroughly heated. Stir in potatoes until smooth.
- ☐ Note: For testing purposes only, we used Ore-Ida Mashed Potatoes.

Nutrition Facts



Properties

Glycemic Index:66.19, Glycemic Load:22.72, Inflammation Score:-6, Nutrition Score:13.726521808168%

Flavonoids

Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 273.03kcal (13.65%), Fat: 11.1lg (17.09%), Saturated Fat: 6.68g (41.75%), Carbohydrates: 35.9g (11.97%), Net Carbohydrates: 32.36g (11.77%), Sugar: 9.06g (10.06%), Cholesterol: 33.13mg (11.04%), Sodium: 486.94mg (21.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.13%), Vitamin C: 31.42mg (38.08%), Vitamin B6: 0.56mg (27.84%), Potassium: 893.52mg (25.53%), Phosphorus: 237.47mg (23.75%), Calcium: 213.77mg (21.38%), Vitamin B2: 0.32mg (18.69%), Manganese: 0.32mg (15.76%), Fiber: 3.54g (14.16%), Vitamin B1: 0.21mg (13.94%), Magnesium: 53.88mg (13.47%), Vitamin D: 2.01µg (13.38%), Vitamin B12: 0.78µg (13.06%), Vitamin B5: 1.09mg (10.94%), Copper: 0.21mg (10.45%), Vitamin B3: 1.82mg (9.08%), Vitamin A: 443.5IU (8.87%), Selenium: 6.08µg (8.69%), Folate: 31.27µg (7.82%), Zinc: 1.11mg (7.41%), Iron: 1.32mg (7.33%), Vitamin K: 4.38µg (4.17%), Vitamin E: 0.29mg (1.91%)