



Buttermilk Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



330 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup buttermilk
- 3 servings kosher salt
- 0.3 cup milk
- 1.5 pounds potatoes boiling
- 4 tablespoons butter unsalted ()

Equipment

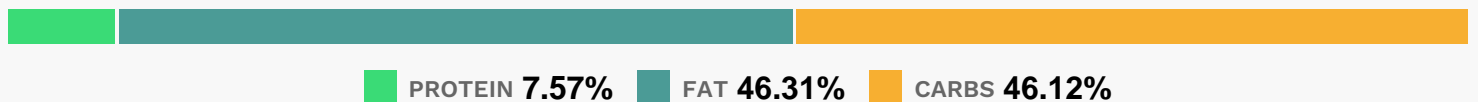
- bowl

- frying pan
- sauce pan
- whisk
- pot
- spatula
- colander

Directions

- In a large pot, bring 2 quarts of water and 1 tablespoon of salt to a boil. Meanwhile, peel the potatoes and cut them into 1 1/2-inch cubes.
- Add them to the boiling water and bring the water back to a boil. Lower the heat and simmer uncovered for 10 to 15 minutes, until the potatoes fall apart easily when pierced with a fork.
- Meanwhile, heat the milk and butter in a small saucepan, making sure it doesn't boil. Set aside until the potatoes are done.
- As soon as the potatoes are tender, drain them in a colander.
- Place a food mill fitted with a small disk/blade over a heatproof bowl. Pass the potatoes through the food mill, turning the handle back and forth. As soon as the potatoes are mashed, stir in the hot milk mixture with a whisk or rubber spatula.
- Add enough buttermilk to make the potatoes creamy.
- Add 1 teaspoon of salt and the pepper, and serve hot. To keep the potatoes warm, place the bowl over a pan of simmering water for up to 30 minutes. You can add a little extra hot milk to keep them creamy.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:12.280869577242%

Flavonoids

Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 330.02kcal (16.5%), Fat: 17.44g (26.83%), Saturated Fat: 10.81g (67.55%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 35.18g (12.79%), Sugar: 5.87g (6.52%), Cholesterol: 46.97mg (15.66%), Sodium: 286.43mg (12.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.83%), Potassium: 1123.16mg (32.09%), Vitamin C: 19.5mg (23.64%), Vitamin B6: 0.41mg (20.67%), Phosphorus: 197.63mg (19.76%), Manganese: 0.34mg (17.23%), Copper: 0.32mg (15.97%), Fiber: 3.9g (15.59%), Vitamin B1: 0.22mg (14.33%), Magnesium: 57mg (14.25%), Vitamin B3: 2.67mg (13.36%), Vitamin A: 582.21IU (11.64%), Folate: 43.41µg (10.85%), Vitamin B2: 0.17mg (10.22%), Calcium: 99.03mg (9.9%), Iron: 1.69mg (9.38%), Vitamin B5: 0.88mg (8.83%), Vitamin K: 8.34µg (7.94%), Vitamin D: 1.02µg (6.82%), Zinc: 1mg (6.69%), Vitamin B12: 0.33µg (5.43%), Selenium: 3.2µg (4.57%), Vitamin E: 0.5mg (3.3%)