



## Buttermilk Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



173 kcal

SIDE DISH

### Ingredients

- 2 tablespoons alfredo sauce mix (recommended: McCormick)
- 4 tablespoons butter
- 1.5 cups buttermilk
- 4 pounds creamer potatoes white
- 2 tablespoons chives fresh
- 1 tablespoon garlic salt
- 12 servings salt and pepper

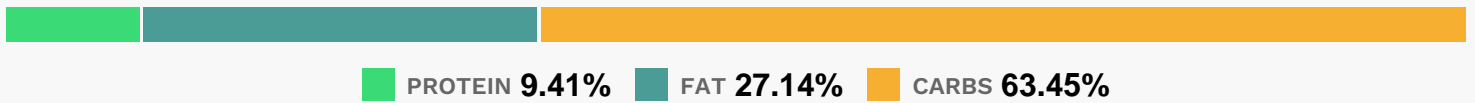
### Equipment

- sauce pan
- pot
- potato masher

## Directions

- In a large pot cover potatoes with cold water by 1-inch.
- Add garlic salt and bring to a boil over high heat. Lower temperature and simmer until tender.
- While potatoes are simmering, pour buttermilk in a saucepan and add butter. Bring to a simmer.
- Add chives and alfredo sauce mix.
- Remove from heat and set aside.
- Drain potatoes and return to the pot. Using a potato masher coarsely mash the potatoes until smooth. Slowly add the buttermilk mixture and mix until creamy. Season with salt and pepper, to taste.

## Nutrition Facts



## Properties

Glycemic Index:17.48, Glycemic Load:19.8, Inflammation Score:-4, Nutrition Score:8.7399999369746%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## Nutrients (% of daily need)

Calories: 173.07kcal (8.65%), Fat: 5.32g (8.19%), Saturated Fat: 3.21g (20.07%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 24.65g (8.96%), Sugar: 2.69g (2.99%), Cholesterol: 14.95mg (4.98%), Sodium: 862.32mg (37.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin C: 30.08mg (36.46%), Vitamin B6: 0.46mg (22.88%), Potassium: 679.8mg (19.42%), Fiber: 3.34g (13.36%), Manganese: 0.24mg (11.82%), Phosphorus: 113.09mg (11.31%), Magnesium: 38.1mg (9.52%), Vitamin B1: 0.14mg (9.05%), Copper: 0.17mg (8.61%), Vitamin B3: 1.63mg (8.13%), Iron: 1.2mg (6.69%), Folate: 26.36µg (6.59%), Vitamin B2: 0.1mg (6.01%), Vitamin B5: 0.57mg (5.68%), Calcium: 54.7mg (5.47%), Vitamin K: 4.35µg (4.15%), Vitamin A: 190.91IU (3.82%), Zinc: 0.56mg (3.74%), Vitamin D: 0.39µg (2.6%), Vitamin B12: 0.15µg (2.43%), Selenium: 1.62µg (2.31%)