



Buttermilk Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground
- 3 tablespoons butter
- 0.7 cup buttermilk warmed
- 2 green onions finely chopped
- 3 large russet potatoes peeled halved cut into chunks
- 1 teaspoon salt for cooking water

Equipment

- bowl

- sauce pan
- sieve
- spatula
- potato ricer

Directions

- Watch how to make this recipe.
- Place the potatoes in a saucepan and cover with cold water.
- Add salt and bring to a boil, then cook until the potatoes fall off a fork when pierced, about 20 minutes.
- Drain the potatoes, reserving about a 1/2 cup of the cooking liquid. Using a potato ricer or sieve and rubber spatula, gently press the potatoes over a large bowl.
- Mix in the butter, salt, buttermilk, and green onions and stir to blend.
- Add a tablespoon or 2 of cooking liquid if necessary to obtain desired consistency. Salt and pepper liberally and serve.

Nutrition Facts

■ PROTEIN **8.98%** ■ FAT **27.46%** ■ CARBS **63.56%**

Properties

Glycemic Index:57.44, Glycemic Load:40.04, Inflammation Score:-5, Nutrition Score:14.086521615153%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 320.89kcal (16.04%), Fat: 10.08g (15.5%), Saturated Fat: 6.23g (38.95%), Carbohydrates: 52.47g (17.49%), Net Carbohydrates: 48.69g (17.71%), Sugar: 3.81g (4.24%), Cholesterol: 26.98mg (8.99%), Sodium: 124.39mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.83%), Vitamin B6: 0.97mg (48.67%), Potassium: 1228.46mg (35.1%), Manganese: 0.46mg (22.92%), Vitamin C: 16.9mg (20.49%), Phosphorus: 191.11mg (19.11%), Vitamin K: 18.42µg (17.54%), Magnesium: 69.25mg (17.31%), Vitamin B1: 0.25mg (16.64%), Fiber: 3.78g (15.12%), Copper: 0.3mg (15.08%), Vitamin B3: 2.94mg (14.69%), Iron: 2.49mg (13.85%), Folate: 44.92µg (11.23%), Vitamin B5: 1mg (10.02%), Vitamin B2: 0.17mg (9.92%), Calcium: 89.3mg (8.93%), Vitamin A: 391.53IU (7.83%), Zinc:

0.99mg (6.59%), Selenium: 2.73µg (3.9%), Vitamin D: 0.52µg (3.47%), Vitamin B12: 0.2µg (3.36%), Vitamin E:
0.33mg (2.22%)