



Buttermilk Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



352 kcal

SIDE DISH

Ingredients

- 1 cup buttermilk at room temperature
- 0.8 cup cup heavy whipping cream
- 8 pounds baking potatoes
- 6 tablespoons butter unsalted cut into small pieces ()

Equipment

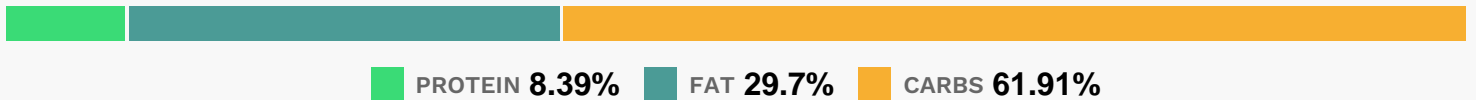
- sauce pan
- pot
- spatula

- colander
- potato ricer

Directions

- Peel and halve potatoes lengthwise.
- Cut each half into quarters.
- Place cut potatoes immediately into a large pot filled with cold water to prevent oxidation.
- Add more cold water to cover potatoes by at least 4 inches. Season water well with salt (it should taste like salt water). Bring potatoes to a boil over high heat. Once boiling, reduce heat to medium low and simmer, uncovered, until potatoes are completely tender and just beginning to fall apart, about 20 minutes.
- Drain potatoes in a large colander and let them sit, undisturbed, to steam dry for about 5 minutes. (Steam drying allows much of the excess moisture to evaporate from the potatoes, so you can add more cream and butter later!) Taste the potatoes to see how salty they are. Meanwhile, heat cream and butter in a small saucepan over medium heat until mixture is hot and butter is melted; do not boil.
- Remove from heat and season with freshly ground black or white pepper, and, if necessary, salt. Pass cooked potatoes through a food mill or potato ricer into a large pot.
- Pour hot cream-and-butter mixture into potatoes and fold in using a large rubber spatula. Fold in room-temperature buttermilk, being careful not to overwork potatoes. Taste potatoes, and, if necessary, adjust seasoning.

Nutrition Facts



Properties

Glycemic Index:9.65, Glycemic Load:43.28, Inflammation Score:-6, Nutrition Score:14.068260897761%

Nutrients (% of daily need)

Calories: 352.06kcal (17.6%), Fat: 11.95g (18.39%), Saturated Fat: 7.48g (46.72%), Carbohydrates: 56.05g (18.68%), Net Carbohydrates: 52.11g (18.95%), Sugar: 3.29g (3.65%), Cholesterol: 34.06mg (11.35%), Sodium: 40.91mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.19%), Vitamin B6: 1.06mg (52.79%), Potassium: 1303.8mg (37.25%), Manganese: 0.48mg (23.8%), Vitamin C: 17.33mg (21%), Phosphorus: 193.62mg (19.36%), Magnesium: 72.73mg (18.18%), Vitamin B1: 0.26mg (17.38%), Copper: 0.32mg (15.96%), Vitamin B3: 3.16mg (15.8%),

Fiber: 3.93g (15.72%), Iron: 2.62mg (14.57%), Folate: 44.14µg (11.04%), Vitamin B5: 1.03mg (10.32%), Vitamin B2: 0.16mg (9.68%), Vitamin A: 429.62IU (8.59%), Calcium: 73.81mg (7.38%), Zinc: 0.99mg (6.63%), Vitamin K: 6.47µg (6.16%), Vitamin D: 0.6µg (4.02%), Selenium: 2.47µg (3.52%), Vitamin E: 0.34mg (2.29%), Vitamin B12: 0.13µg (2.13%)