



Buttermilk Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons chives fresh chopped
- ☐ 3 garlic clove peeled
- ☐ 1 cup buttermilk low-fat
- ☐ 0.5 cup milk 1% low-fat
- ☐ 4 large potatoes yellow peeled halved
- ☐ 0.5 teaspoon salt

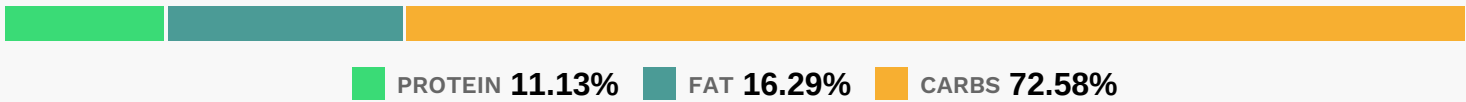
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ potato ricer

Directions

- ☐ Boil potatoes and garlic cloves in lightly salted water until tender, about 30 minutes.
- ☐ Drain and cover potatoes with a towel to keep warm.
- ☐ Bring the 1% milk and butter to a boil and cover to keep warm.
- ☐ Use a ricer to rice the potatoes into a large bowl. The potatoes may also be mashed with a large fork, but they might not be as smooth.
- ☐ Gradually add the hot milk and butter, then add the buttermilk until you get the consistency of thick mashed potatoes (you may not need to use all of the buttermilk). Season with salt to taste. Coat a 9- x 13-inch baking dish with cooking spray, place the potatoes in the dish, and top with freshly chopped chives.
- ☐ Serve immediately, or rewarm in the oven before serving.

Nutrition Facts



Properties

Glycemic Index:17.4, Glycemic Load:15.8, Inflammation Score:-3, Nutrition Score:7.19478263544%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 124.94kcal (6.25%), Fat: 2.32g (3.57%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 20.49g (7.45%), Sugar: 2.42g (2.69%), Cholesterol: 6.31mg (2.1%), Sodium: 152.86mg (6.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.13%), Vitamin C: 24.96mg (30.25%), Vitamin B6: 0.39mg (19.28%), Potassium: 568.73mg (16.25%), Fiber: 2.73g (10.94%), Manganese: 0.2mg (10.18%), Phosphorus: 100.04mg (10%), Magnesium: 32.12mg (8.03%), Vitamin B1: 0.11mg (7.52%), Copper: 0.14mg (6.91%), Vitamin B3:

1.33mg (6.64%), Iron: 0.99mg (5.51%), Folate: 21.49µg (5.37%), Calcium: 52.79mg (5.28%), Vitamin B2: 0.09mg (5.07%), Vitamin B5: 0.46mg (4.63%), Vitamin K: 3.61µg (3.44%), Zinc: 0.5mg (3.31%), Vitamin A: 111.28IU (2.23%), Vitamin B12: 0.11µg (1.8%), Selenium: 1.11µg (1.59%)