

Buttermilk Mashed Potatoes

READY IN
SERVINGS
45 min.

Column Free

CALORIES

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125 kcal

SIDE DISH

Ingredients

Ш	2 tabl	espoons	butter
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- 2 tablespoons chives fresh chopped
- 3 garlic cloves peeled
- 1 cup buttermilk low-fat
- 0.5 cup milk 1% low-fat
- 4 large finn potatoes yellow peeled halved
- 0.5 teaspoon salt

Equipment

	oven		
	baking pan		
	potato ricer		
Di	rections		
	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			
	PROTEIN 11.13% FAT 16.29% CARBS 72.58%		

Properties

bowl

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 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: Og (100%), Alcohol %: O% (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%)