



Buttermilk-Parmesan Mashed Potatoes

 Gluten Free

READY IN



32 min.

SERVINGS



4

CALORIES



221 kcal

SIDE DISH

Ingredients

- ☐ 1.3 pounds baking potatoes
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.3 cup buttermilk
- ☐ 0.5 cup skim milk fat-free
- ☐ 1 ounce parmesan fresh grated
- ☐ 0.3 teaspoon salt

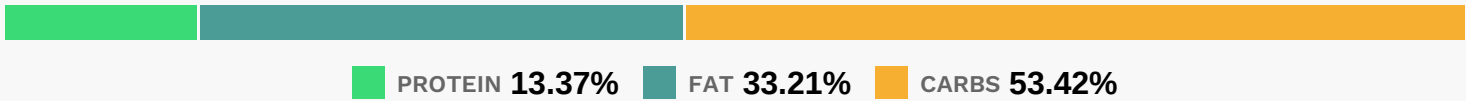
Equipment

- ☐ bowl
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Prick each potato several times with a fork.
- ☐ Place potatoes in the microwave, and cook at HIGH 16 minutes or until tender, turning after 8 minutes.
- ☐ Let stand 2 minutes.
- ☐ Cut each potato in half lengthwise; scoop out flesh with a large spoon, and transfer to a bowl.
- ☐ Combine milk and butter in a microwave-safe bowl, and microwave at HIGH 2 minutes or until butter melts.
- ☐ Add milk mixture to potatoes; mash with a potato masher to desired consistency. Stir in buttermilk and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:22.37, Inflammation Score:-4, Nutrition Score:9.3191304362339%

Nutrients (% of daily need)

Calories: 220.54kcal (11.03%), Fat: 8.32g (12.8%), Saturated Fat: 5.2g (32.48%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 28.11g (10.22%), Sugar: 3.52g (3.91%), Cholesterol: 22.99mg (7.66%), Sodium: 345.03mg (15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.07%), Vitamin B6: 0.55mg (27.68%), Potassium: 718.53mg (20.53%), Phosphorus: 183.99mg (18.4%), Calcium: 169.32mg (16.93%), Manganese: 0.26mg (12.84%), Magnesium: 43.93mg (10.98%), Vitamin C: 8.62mg (10.45%), Vitamin B1: 0.15mg (10.25%), Vitamin B2: 0.15mg (8.86%), Copper: 0.17mg (8.27%), Vitamin B3: 1.64mg (8.21%), Fiber: 2g (7.99%), Iron: 1.38mg (7.66%), Vitamin B5: 0.68mg (6.82%), Vitamin A: 327.95IU (6.56%), Vitamin B12: 0.37µg (6.11%), Folate: 23.51µg (5.88%), Zinc: 0.86mg (5.7%), Selenium: 3.63µg (5.18%), Vitamin D: 0.63µg (4.22%), Vitamin K: 3.6µg (3.43%), Vitamin E: 0.21mg (1.39%)