



Buttery Mashed Potatoes

 Vegetarian  Gluten Free  Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



281 kcal

SIDE DISH

Ingredients

- 1 cup chicken broth low-sodium
- 6 tablespoons butter unsalted cut into small pieces ()
- 3 pounds yukon gold potatoes (9)

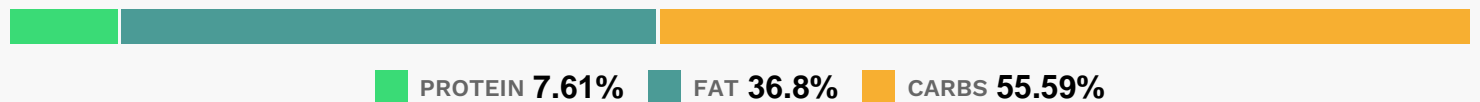
Equipment

- pot
- colander
- potato ricer

Directions

- Peel potatoes, cut into eighths, and place immediately into a large pot.
- Add water to cover the potatoes by at least 2 inches and salt well (the water should taste like seawater). 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 dry undisturbed for about 5 minutes. Meanwhile, heat broth and butter over medium heat in the pot used to cook the potatoes until mixture is hot and butter is melted.
- Remove from heat and season with freshly ground black pepper and, if necessary, salt. Pass cooked potatoes through a potato ricer into the broth mixture. Fold together, being careful not to overwork the potatoes, until evenly combined and smooth. Taste potatoes, and, if necessary, adjust seasoning.

Nutrition Facts



Properties

Glycemic Index:13.96, Glycemic Load:29, Inflammation Score:-5, Nutrition Score:12.127825933954%

Flavonoids

Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 281.31kcal (14.07%), Fat: 11.8g (18.15%), Saturated Fat: 7.32g (45.76%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 35.11g (12.77%), Sugar: 1.83g (2.03%), Cholesterol: 30.1mg (10.03%), Sodium: 26.95mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.97%), Vitamin C: 44.68mg (54.16%), Vitamin B6: 0.67mg (33.67%), Potassium: 992mg (28.34%), Fiber: 4.99g (19.96%), Manganese: 0.35mg (17.38%), Vitamin B3: 2.94mg (14.68%), Phosphorus: 144.43mg (14.44%), Copper: 0.27mg (13.36%), Magnesium: 52.84mg (13.21%), Vitamin B1: 0.18mg (12.14%), Iron: 1.85mg (10.3%), Folate: 36.71µg (9.18%), Vitamin A: 354.4IU (7.09%), Vitamin B5: 0.69mg (6.87%), Vitamin B2: 0.09mg (5.24%), Vitamin K: 5.29µg (5.04%), Zinc: 0.71mg (4.73%), Calcium: 32.15mg (3.21%), Vitamin E: 0.35mg (2.32%), Vitamin D: 0.21µg (1.4%), Selenium: 0.82µg (1.17%), Vitamin B12: 0.06µg (1.05%)