



## 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)

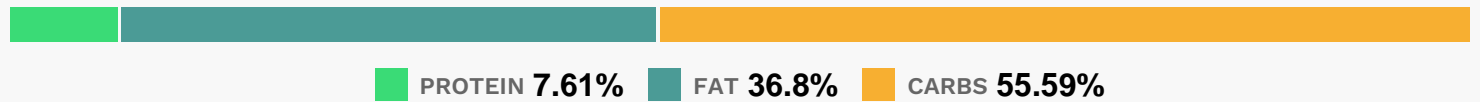
### Equipment

- 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%)