



Golden Buttermilk Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



237 kcal

SIDE DISH

Ingredients

- 2 pounds baking potatoes cubed peeled
- 0.3 cup butter
- 0.8 cup buttermilk
- 4 garlic cloves minced
- 2 tablespoons olive oil
- 0.5 teaspoon pepper
- 0.8 teaspoon salt
- 1 teaspoon salt

1 pound sweet potatoes cubed peeled

6 cups water

Equipment

dutch oven

Directions

Cook garlic in hot oil in a Dutch oven over medium heat, stirring occasionally, 3 minutes.

Add 6 cups water and next 3 ingredients; bring to a boil. Reduce heat; cover and cook 20 minutes or until tender.

Drain potatoes; return to Dutch oven. Cook, stirring constantly, over medium heat 30 seconds.

Remove from heat.

Add buttermilk and remaining ingredients; mash with a large fork to desired consistency.

Nutrition Facts



Properties

Glycemic Index:35.72, Glycemic Load:22.24, Inflammation Score:-10, Nutrition Score:13.000434756279%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 236.65kcal (11.83%), Fat: 10.13g (15.58%), Saturated Fat: 4.6g (28.75%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 30.34g (11.03%), Sugar: 4.19g (4.66%), Cholesterol: 17.73mg (5.91%), Sodium: 624.01mg (27.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Vitamin A: 8260.24IU (165.2%), Vitamin B6: 0.54mg (26.85%), Potassium: 703.84mg (20.11%), Manganese: 0.37mg (18.38%), Fiber: 3.24g (12.95%), Copper: 0.24mg (12.15%), Magnesium: 45.02mg (11.26%), Phosphorus: 112.34mg (11.23%), Vitamin B1: 0.15mg (10.09%), Vitamin C: 8.29mg (10.05%), Vitamin B5: 0.9mg (8.99%), Iron: 1.39mg (7.73%), Vitamin B3: 1.52mg (7.62%), Calcium: 68.27mg (6.83%), Vitamin B2: 0.12mg (6.76%), Folate: 23.52µg (5.88%), Vitamin K: 5.96µg (5.68%), Vitamin E:

0.85mg (5.64%), Zinc: 0.63mg (4.19%), Selenium: 1.92µg (2.74%), Vitamin D: 0.29µg (1.95%), Vitamin B12: 0.12µg (1.93%)