



Herby buttermilk mash



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

Ingredients

- ☐ 900 g maris piper potato cut into chunks
- ☐ 50 g butter
- ☐ 100 ml buttermilk
- ☐ 0.5 tsp nutmeg freshly grated
- ☐ 2 tbsp herb mixed chopped (parsley, dill, chives)

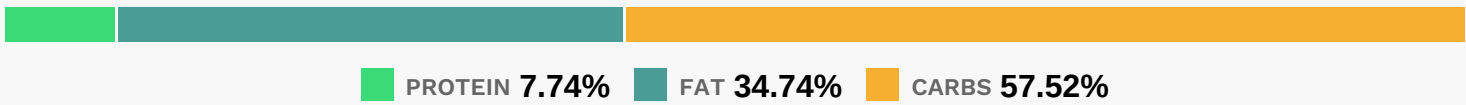
Equipment

- ☐ frying pan

Directions

- ☐ Boil the potatoes in large pan of salted water, with the lid on, for 15–20 mins until tender.
- ☐ Drain well, return to the pan, cover and leave to steam-dry for 1–2 mins.
- ☐ Remove from the heat and mash the potatoes until smooth. Push to one side of the pan, add the butter and buttermilk, then gently heat until the butter has melted. Beat in the potato a little at a time until smooth.
- ☐ Add the chopped herbs and season with ground white pepper and salt.

Nutrition Facts



Properties

Glycemic Index:59.94, Glycemic Load:29.25, Inflammation Score:-6, Nutrition Score:14.515217490818%

Flavonoids

Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 286.67kcal (14.33%), Fat: 11.39g (17.52%), Saturated Fat: 7.08g (44.22%), Carbohydrates: 42.41g (14.14%), Net Carbohydrates: 36.34g (13.22%), Sugar: 3.18g (3.53%), Cholesterol: 29.66mg (9.89%), Sodium: 121.17mg (5.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.41%), Vitamin C: 44.39mg (53.81%), Vitamin B6: 0.7mg (34.99%), Potassium: 1016.95mg (29.06%), Fiber: 6.07g (24.28%), Manganese: 0.48mg (23.9%), Vitamin K: 20.77µg (19.78%), Phosphorus: 157.09mg (15.71%), Magnesium: 61.79mg (15.45%), Iron: 2.69mg (14.96%), Copper: 0.27mg (13.4%), Vitamin B1: 0.2mg (13.19%), Vitamin B3: 2.52mg (12.6%), Folate: 43.78µg (10.94%), Calcium: 99.6mg (9.96%), Vitamin A: 401.53IU (8.03%), Vitamin B5: 0.8mg (7.99%), Vitamin B2: 0.13mg (7.84%), Zinc: 0.83mg (5.56%), Vitamin E: 0.79mg (5.25%), Selenium: 1.86µg (2.65%), Vitamin B12: 0.14µg (2.3%), Vitamin D: 0.33µg (2.2%)