



Homestyle Smashed Potatoes



Gluten Free



READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

133 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup nonfat buttermilk
- ☐ 0.3 cup parmigiano-reggiano cheese grated
- ☐ 1 pound potatoes red 5
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons yogurt-based spread such as Brummel & Brown

Equipment

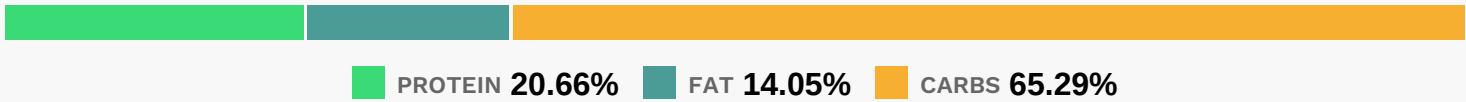
- ☐ bowl

- ☐ plastic wrap
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Scrub potatoes; place in a single layer in a microwave-safe bowl (do not pierce potatoes with a fork). Cover bowl with plastic wrap (do not allow plastic wrap to touch food); vent. Microwave at HIGH 8 minutes or until tender.
- ☐ Add buttermilk and remaining ingredients to potatoes. Mash potato mixture with a potato masher until creamy.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:6.0321739134581%

Flavonoids

Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 132.77kcal (6.64%), Fat: 2.1g (3.23%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 20.02g (7.28%), Sugar: 4.94g (5.49%), Cholesterol: 6.73mg (2.24%), Sodium: 324.92mg (14.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.91%), Potassium: 538.9mg (15.4%), Vitamin C: 10.51mg (12.74%), Phosphorus: 122.25mg (12.22%), Calcium: 105.77mg (10.58%), Vitamin B6: 0.2mg (10.1%), Manganese: 0.18mg (8.89%), Fiber: 1.96g (7.84%), Copper: 0.16mg (7.83%), Magnesium: 29.12mg (7.28%), Vitamin B3: 1.33mg (6.64%), Vitamin B1: 0.1mg (6.49%), Folate: 21.57µg (5.39%), Iron: 0.9mg (4.99%), Vitamin B2: 0.07mg (4.14%), Zinc: 0.61mg (4.05%), Vitamin B5: 0.39mg (3.85%), Vitamin K: 3.62µg (3.45%), Selenium: 2.2µg (3.14%), Vitamin B12: 0.11µg (1.87%), Vitamin A: 67.33IU (1.35%)