



Mashed Potatoes with Buttermilk and Dill



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 0.8 cup buttermilk
- ☐ 1 teaspoon chives thinly sliced
- ☐ 2 teaspoons optional: dill finely chopped
- ☐ 1 teaspoon kosher salt as needed plus more
- ☐ 0.3 cup milk low-fat
- ☐ 2 pounds russet potatoes peeled cut into 1-inch pieces (4 medium)

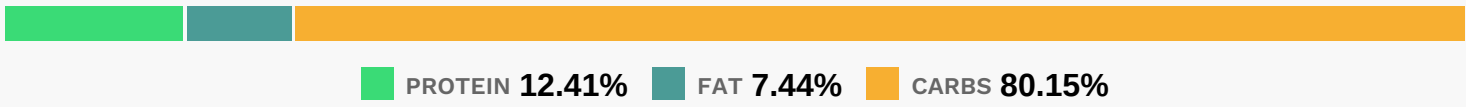
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ potato ricer

Directions

- ☐ In a large saucepan, combine the potatoes, 1 teaspoon salt, and enough cold water to cover. Bring to a boil over high heat. Lower the heat to maintain a simmer and cook until fork tender, about 10 minutes.
- ☐ Drain the potatoes and return to the pan. Shake the pan over medium heat for about a minute to dry the potatoes.
- ☐ Transfer the potatoes to a food mill, ricer, or bowl.
- ☐ Mash the potatoes through the food mill, ricer, or by hand into the pan. Stir in the low-fat milk, buttermilk, and dill warm over medium-low heat. Season with salt and pepper to taste and serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:21.96, Inflammation Score:-3, Nutrition Score:7.6826088065686%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 142.59kcal (7.13%), Fat: 1.21g (1.86%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 29.37g (9.79%), Net Carbohydrates: 27.37g (9.95%), Sugar: 2.89g (3.21%), Cholesterol: 3.79mg (1.26%), Sodium: 430.52mg (18.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Vitamin B6: 0.54mg (26.95%), Potassium: 688.78mg (19.68%), Manganese: 0.25mg (12.68%), Phosphorus: 119.06mg (11.91%), Vitamin C: 8.74mg (10.6%), Magnesium: 39.22mg (9.81%), Vitamin B1: 0.14mg (9.6%), Copper: 0.17mg (8.26%), Vitamin B3: 1.61mg (8.03%), Fiber: 2g (7.98%), Iron: 1.33mg (7.37%), Vitamin B2: 0.12mg (6.81%), Calcium: 67.45mg (6.75%), Vitamin B5: 0.61mg (6.07%), Folate: 23.11µg (5.78%), Zinc: 0.6mg (3.99%), Vitamin D: 0.5µg (3.32%), Vitamin B12: 0.2µg (3.3%), Vitamin

K: 3.34μg (3.18%), Selenium: 1.93μg (2.76%), Vitamin A: 80.66IU (1.61%)