



Mashed Potatoes with Cumin-Lime Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter softened
- 1.5 teaspoons cumin seeds toasted
- 3 tablespoons cilantro leaves fresh finely chopped
- 0.5 teaspoon ground cumin
- 4 teaspoons juice of lime fresh
- 0.8 cup buttermilk low-fat
- 0.8 teaspoon salt

- 2 tablespoons shallots finely chopped
- 2.5 pounds yukon gold potatoes peeled quartered

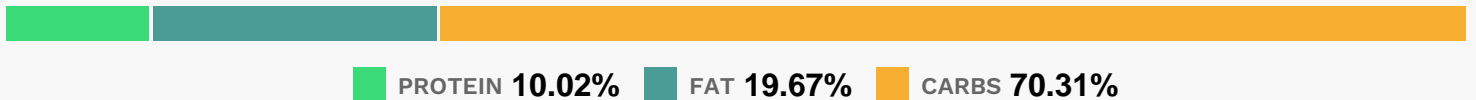
Equipment

- bowl
- frying pan
- sauce pan
- blender

Directions

- Combine first 6 ingredients in a small bowl. Mash with a fork until blended. Cover and refrigerate.
- Place potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 20 minutes or until tender; drain. Return potatoes to pan.
- Add buttermilk, salt, and pepper; beat with a mixer at medium speed until smooth.
- Serve with butter mixture.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:24.33, Inflammation Score:-5, Nutrition Score:10.912173898324%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 196.98kcal (9.85%), Fat: 4.43g (6.82%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 31.28g (11.37%), Sugar: 3.25g (3.61%), Cholesterol: 11.23mg (3.74%), Sodium: 378.13mg (16.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Vitamin C: 38.9mg (47.16%), Vitamin B6: 0.58mg (29.2%), Potassium: 871.26mg (24.89%), Fiber: 4.37g (17.5%), Manganese: 0.33mg (16.73%), Phosphorus: 141.57mg

(14.16%), Magnesium: 50.47mg (12.62%), Vitamin B1: 0.17mg (11.26%), Iron: 1.99mg (11.05%), Copper: 0.22mg (10.94%), Vitamin B3: 2.06mg (10.28%), Folate: 33.55µg (8.39%), Calcium: 67.19mg (6.72%), Vitamin B5: 0.66mg (6.63%), Vitamin B2: 0.11mg (6.59%), Zinc: 0.73mg (4.86%), Vitamin K: 4.79µg (4.56%), Vitamin A: 158.72IU (3.17%), Selenium: 1.3µg (1.85%), Vitamin B12: 0.07µg (1.23%), Vitamin E: 0.18mg (1.19%)