



Mashed Yukon gold potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup buttermilk low-fat
- ☐ 1 teaspoon salt
- ☐ 4 pounds yukon gold potatoes cubed

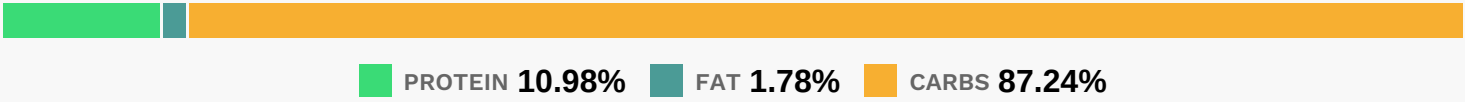
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

☐ Place 4 pounds cubed Yukon gold potatoes in a large saucepan, cover with water. Bring to a boil. Reduce heat, and simmer 10 minutes or until tender, drain. Return potatoes to pan, add 1/2 cup low-fat buttermilk, 1 teaspoon salt, and 1/4 teaspoon black pepper. Mash with a potato masher until desired consistency.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:29.01, Inflammation Score:-4, Nutrition Score:11.577826173409%

Flavonoids

Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 180.79kcal (9.04%), Fat: 0.37g (0.56%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 40.38g (13.46%), Net Carbohydrates: 35.37g (12.86%), Sugar: 2.49g (2.76%), Cholesterol: 0.6mg (0.2%), Sodium: 326.51mg (14.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.17%), Vitamin C: 44.83mg (54.34%), Vitamin B6: 0.67mg (33.72%), Potassium: 978.35mg (27.95%), Fiber: 5.01g (20.02%), Manganese: 0.36mg (17.8%), Phosphorus: 142.72mg (14.27%), Magnesium: 53.93mg (13.48%), Vitamin B1: 0.19mg (12.44%), Copper: 0.25mg (12.38%), Vitamin B3: 2.4mg (12%), Iron: 1.79mg (9.92%), Folate: 37.05µg (9.26%), Vitamin B5: 0.71mg (7.13%), Vitamin B2: 0.1mg (5.63%), Zinc: 0.72mg (4.81%), Calcium: 45.07mg (4.51%), Vitamin K: 4.43µg (4.22%), Selenium: 0.98µg (1.41%)