



Parmesan Mashed Potatoes

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

Ingredients

- 0.5 cup buttermilk low-fat
- 4 tablespoons parmesan grated
- 8 servings salt
- 0.5 cup skim milk
- 1 tablespoon butter unsalted
- 5 cups yukon gold potatoes diced unpeeled

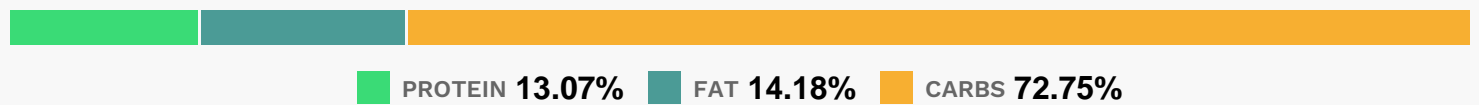
Equipment

- sauce pan

Directions

- Watch how to make this recipe.
- Place potatoes in a large saucepan and cover with water. Bring to a boil, reduce heat and cook until tender, about 10 minutes.
- While potatoes are cooking place buttermilk and milk into a small saucepan and cook over a very low heat until just warm. Be careful not to boil or milk will curdle.
- Drain the potatoes, add the warmed milk and mash together to desired consistency. Stir in cheese and salt. Top with the butter and let it melt.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:19.18, Inflammation Score:-4, Nutrition Score:8.6156521918981%

Flavonoids

Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 147.41kcal (7.37%), Fat: 2.37g (3.65%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 27.38g (9.13%), Net Carbohydrates: 24.13g (8.77%), Sugar: 2.67g (2.96%), Cholesterol: 6.52mg (2.17%), Sodium: 271.38mg (11.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.83%), Vitamin C: 29.28mg (35.49%), Vitamin B6: 0.45mg (22.63%), Potassium: 673.5mg (19.24%), Phosphorus: 131.79mg (13.18%), Fiber: 3.25g (13.01%), Manganese: 0.23mg (11.4%), Magnesium: 38.64mg (9.66%), Vitamin B1: 0.13mg (8.87%), Calcium: 85.5mg (8.55%), Copper: 0.16mg (8.14%), Vitamin B3: 1.59mg (7.96%), Iron: 1.18mg (6.57%), Folate: 24.94µg (6.24%), Vitamin B2: 0.1mg (5.85%), Vitamin B5: 0.55mg (5.47%), Zinc: 0.63mg (4.21%), Vitamin K: 2.99µg (2.85%), Vitamin B12: 0.15µg (2.58%), Selenium: 1.63µg (2.33%), Vitamin A: 104.5IU (2.09%), Vitamin D: 0.21µg (1.38%)