



Ranch Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 0.5 teaspoon basil dried
- ☐ 0.1 teaspoon optional: dill dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 cup buttermilk low-fat
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 pounds potatoes red cubed unpeeled

- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream light sour

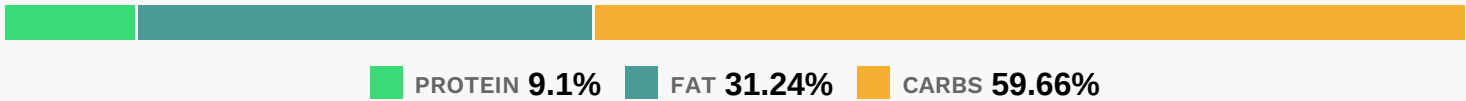
Equipment

- ☐ bowl
- ☐ potato masher

Directions

- ☐ Cook potato in boiling water to cover 15 minutes or until tender; drain.
- ☐ Place potato in a large bowl.
- ☐ Add sour cream and remaining ingredients; mash with a potato masher to desired consistency.
- ☐ Wash potatoes
- ☐ Add measured sour cream and green onions to potatoes
- ☐ Measure sour cream, buttermilk, and dried herbs
- ☐ Add buttermilk, butter, salt, and herbs to potatoes

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:4.9195652176505%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 103.08kcal (5.15%), Fat: 3.69g (5.68%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 14.19g (5.16%), Sugar: 1.55g (1.72%), Cholesterol: 10.28mg (3.43%), Sodium: 227.7mg (9.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Potassium: 457.7mg (13.08%), Vitamin C: 8.45mg (10.24%), Vitamin K: 9.54µg (9.09%), Vitamin B6: 0.16mg (8.17%), Manganese: 0.14mg (7.18%), Phosphorus: 71.1mg (7.11%), Fiber: 1.68g (6.71%), Copper: 0.13mg (6.42%), Magnesium: 23.07mg (5.77%), Vitamin B1: 0.08mg (5.48%),

Vitamin B3: 1.08mg (5.38%), Folate: 20.01µg (5%), Iron: 0.8mg (4.47%), Calcium: 37.83mg (3.78%), Vitamin B2: 0.06mg (3.26%), Vitamin A: 144.59IU (2.89%), Vitamin B5: 0.28mg (2.76%), Zinc: 0.4mg (2.69%), Selenium: 1µg (1.42%), Vitamin B12: 0.07µg (1.1%)