



## Skinny Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



125 kcal

SIDE DISH

### Ingredients

- 10 servings pepper black freshly ground
- 0.5 cup buttermilk
- 2 tablespoons chives fresh chopped
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 3 lb yukon gold potatoes red unpeeled cut into 1-inch pieces ( 8 medium)

### Equipment

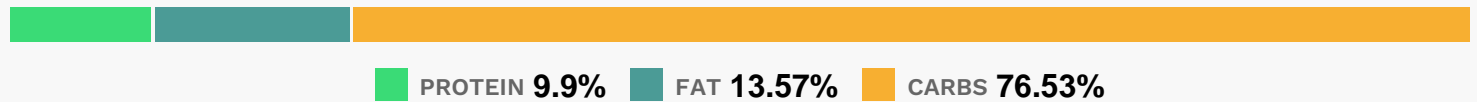
- sauce pan

potato masher

## Directions

- In 3-quart saucepan, place potatoes; add just enough water to cover.
- Heat to boiling; reduce heat. Cover and simmer 15 to 20 minutes or until potatoes are tender; drain.
- In same saucepan, mash potatoes, oil and salt with potato masher just until lumpy. Gradually add buttermilk, mashing until blended but still lumpy. (Amount of buttermilk needed to make potatoes creamy depends on variety of potatoes used.) Season to taste with pepper. Stir in chives.

## Nutrition Facts



## Properties

Glycemic Index:19.17, Glycemic Load:17.6, Inflammation Score:-3, Nutrition Score:7.3795651327009%

## Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

## Nutrients (% of daily need)

Calories: 125.03kcal (6.25%), Fat: 1.93g (2.97%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 21.41g (7.79%), Sugar: 1.66g (1.84%), Cholesterol: 1.32mg (0.44%), Sodium: 137.1mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.33%), Vitamin C: 27.16mg (32.92%), Vitamin B6: 0.41mg (20.34%), Potassium: 592.23mg (16.92%), Fiber: 3.03g (12.14%), Manganese: 0.22mg (11.2%), Phosphorus: 88.27mg (8.83%), Magnesium: 32.92mg (8.23%), Vitamin B1: 0.12mg (7.67%), Copper: 0.15mg (7.62%), Vitamin B3: 1.45mg (7.25%), Iron: 1.09mg (6.07%), Folate: 23.02µg (5.75%), Vitamin K: 4.91µg (4.67%), Vitamin B5: 0.45mg (4.52%), Vitamin B2: 0.07mg (3.83%), Calcium: 31.21mg (3.12%), Zinc: 0.45mg (2.97%), Vitamin E: 0.23mg (1.51%), Selenium: 0.86µg (1.23%), Vitamin D: 0.16µg (1.04%)