



WHATSheATE



HEALTH SCORE

58%

Almond Garlic Mashed Potatoes



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



8

CALORIES



223 kcal

SIDE DISH

Ingredients



1 cup so delicious dairy free almond plus almondmilk



3 garlic cloves



2 teaspoons ground cumin



1 teaspoon paprika



10 potatoes peeled



8 servings salt and pepper to taste

Equipment



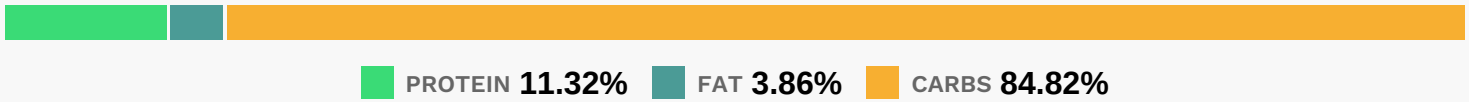
potato masher

Directions

- ☐
- Boil the potatoes until soft, drain and place back on medium burner.Mash potatoes with potato masher and gradually add almond milk and spices.Smash cloves of garlic and add to mixture. I let them cook for another 3–4 minutes to really integrate the ingredients.

☐

Nutrition Facts



Properties

Glycemic Index:20.9, Glycemic Load:34.47, Inflammation Score:-6, Nutrition Score:15.597825931466%

Flavonoids

Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 222.54kcal (11.13%), Fat: 0.98g (1.5%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 48.26g (16.09%), Net Carbohydrates: 42.12g (15.32%), Sugar: 2.87g (3.19%), Cholesterol: 0mg (0%), Sodium: 225.72mg (9.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Vitamin C: 54.97mg (66.63%), Vitamin B6: 0.88mg (43.78%), Potassium: 1181.7mg (33.76%), Fiber: 6.14g (24.56%), Manganese: 0.45mg (22.37%), Vitamin B3: 3.83mg (19.17%), Copper: 0.33mg (16.67%), Magnesium: 63.8mg (15.95%), Vitamin B1: 0.24mg (15.83%), Phosphorus: 156.76mg (15.68%), Iron: 2.63mg (14.59%), Folate: 52.25µg (13.06%), Vitamin B2: 0.15mg (8.81%), Calcium: 80.63mg (8.06%), Vitamin B5: 0.8mg (8.01%), Zinc: 0.89mg (5.94%), Vitamin E: 0.86mg (5.74%), Vitamin B12: 0.32µg (5.31%), Vitamin K: 5.31µg (5.05%), Vitamin A: 250.85IU (5.02%), Selenium: 1.68µg (2.4%), Vitamin D: 0.35µg (2.36%)