



Bacon-Garlic Mashed Potatoes

 Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



242 kcal

SIDE DISH

Ingredients

- 6 slices bacon thin
- 10 plump garlic cloves crushed
- 3 pounds russet potatoes peeled cut into 1-inch pieces
- 10 servings salt and pepper
- 6 tablespoons butter unsalted softened
- 1 cup milk whole warmed

Equipment

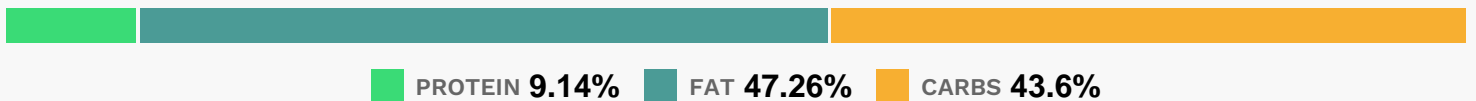
- bowl

- frying pan
- paper towels
- pot
- plastic wrap
- potato masher
- microwave
- potato ricer

Directions

- Place garlic and potatoes in a pot, cover with salted water. Bring to a boil, reduce heat to medium-high and cook until very soft, about 30 minutes.
- Drain well; return garlic and potatoes to pot. Stir over medium heat for 1 to 2 minutes to dry. Put through a ricer or food mill to puree, or mash with a potato masher for a lumpier texture. Stir in 3/4 cup warmed milk and butter, adding more milk if needed. Season well with salt and pepper. Keep warm in a heatproof bowl set over a pot of simmering water, stirring often.
- Cook bacon in a large skillet over medium-high heat until crisp, 7 to 10 minutes.
- Drain on paper towels. When cool, chop into small pieces and sprinkle over potatoes just before serving. (Can be done up to 2 days ahead. Leave bacon whole, wrap it in plastic wrap and chill. Warm it in the microwave and chop it just before serving.)

Nutrition Facts



Properties

Glycemic Index:15.27, Glycemic Load:20.05, Inflammation Score:-3, Nutrition Score:8.0173913551413%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 241.88kcal (12.09%), Fat: 12.96g (19.93%), Saturated Fat: 6.56g (41.01%), Carbohydrates: 26.9g (8.97%), Net Carbohydrates: 25.06g (9.11%), Sugar: 2.05g (2.28%), Cholesterol: 29.7mg (9.9%), Sodium: 298.68mg (12.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.28%), Vitamin B6: 0.56mg (27.85%), Potassium: 644.27mg (18.41%), Manganese: 0.27mg (13.35%), Phosphorus: 125.1mg (12.51%), Vitamin B1: 0.17mg (11.21%), Vitamin C: 8.69mg (10.54%), Vitamin B3: 1.99mg (9.95%), Magnesium: 36.73mg (9.18%), Copper: 0.16mg (7.82%), Fiber: 1.83g (7.33%), Iron: 1.28mg (7.1%), Vitamin B5: 0.6mg (6.01%), Selenium: 4.17µg (5.96%), Vitamin B2: 0.1mg (5.61%), Calcium: 55.93mg (5.59%), Vitamin A: 255.96IU (5.12%), Folate: 19.39µg (4.85%), Zinc: 0.69mg (4.62%), Vitamin B12: 0.21µg (3.53%), Vitamin K: 3.16µg (3.01%), Vitamin D: 0.45µg (2.98%), Vitamin E: 0.28mg (1.87%)