



Becel® Garlic and Parsley Mashed Potatoes

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 2 cloves garlic chopped
- ☐ 2 tablespoons buttery taste margarine becel®
- ☐ 2 tablespoons parsley finely chopped
- ☐ 1.5 pounds potatoes red unpeeled cut into chunks
- ☐ 0.3 cup skim milk

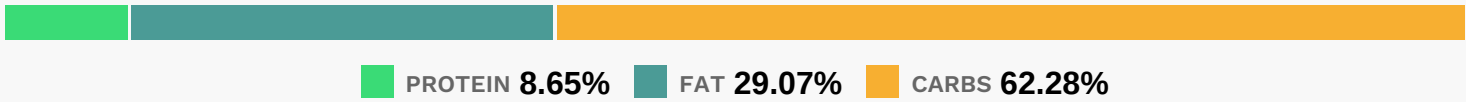
Equipment

- ☐ sauce pan

Directions

- ☐ In medium saucepan, add potatoes and cover with water. Bring to a boil over high heat. Reduce heat to low and simmer 20 minutes or until potatoes are very tender; drain.
- ☐ In same saucepan, melt Becel® Buttery Taste margarine over medium heat and cook garlic, stirring, 1 minute or until fragrant.
- ☐ Return potatoes to saucepan; mash. Stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:23.81, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:9.9086957029674%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 177.56kcal (8.88%), Fat: 5.91g (9.09%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 25.49g (9.27%), Sugar: 3g (3.33%), Cholesterol: 0.46mg (0.15%), Sodium: 104.28mg (4.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Vitamin K: 37.76µg (35.96%), Potassium: 819.55mg (23.42%), Vitamin C: 17.77mg (21.54%), Vitamin B6: 0.32mg (15.95%), Manganese: 0.27mg (13.43%), Phosphorus: 125.21mg (12.52%), Fiber: 2.99g (11.96%), Copper: 0.24mg (11.79%), Magnesium: 40.84mg (10.21%), Vitamin B1: 0.15mg (10.12%), Vitamin B3: 2.01mg (10.05%), Vitamin A: 462.15IU (9.24%), Folate: 34.08µg (8.52%), Iron: 1.39mg (7.73%), Vitamin B5: 0.55mg (5.52%), Vitamin B2: 0.08mg (4.65%), Calcium: 44.8mg (4.48%), Zinc: 0.67mg (4.46%), Selenium: 1.37µg (1.96%), Vitamin E: 0.25mg (1.67%), Vitamin B12: 0.1µg (1.6%), Vitamin D: 0.17µg (1.12%)