



WHATSheATE



Blue Potatoes Mashed with Roasted Garlic



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 0.5 ounce butter
- ☐ 1 ounce parmesan grated
- ☐ 3 pounds potatoes blue
- ☐ 2.5 ounces roasted garlic
- ☐ 6 servings salt and pepper
- ☐ 2 ounces cup heavy whipping cream sour

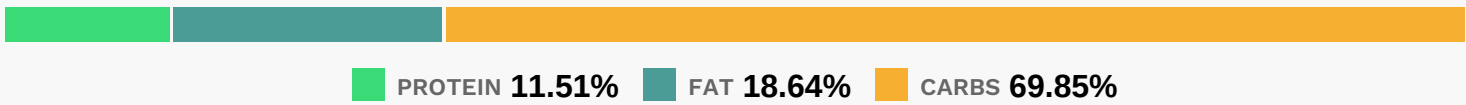
Equipment

- ☐ bowl

Directions

- ☐ Peel and cut the potatoes into cubes. Boil them in salted water for approximately 15 minutes or fork tender. Once potatoes have cooked, drain the water.
- ☐ In a large bowl add the garlic, sour cream, butter, and Parmesan to the potatoes, and mash until desired consistency.
- ☐ Add salt and pepper to taste.
- ☐ To serve, add as a side to any dish.

Nutrition Facts



Properties

Glycemic Index:31.79, Glycemic Load:30.14, Inflammation Score:-5, Nutrition Score:13.927391307509%

Flavonoids

Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 246.4kcal (12.32%), Fat: 5.23g (8.05%), Saturated Fat: 3.01g (18.83%), Carbohydrates: 44.12g (14.71%), Net Carbohydrates: 38.88g (14.14%), Sugar: 2.25g (2.5%), Cholesterol: 13.87mg (4.62%), Sodium: 303.22mg (13.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.54%), Vitamin C: 48.45mg (58.73%), Vitamin B6: 0.82mg (41.19%), Potassium: 1018.95mg (29.11%), Manganese: 0.55mg (27.35%), Fiber: 5.24g (20.95%), Phosphorus: 187.89mg (18.79%), Magnesium: 58.19mg (14.55%), Copper: 0.28mg (14.18%), Vitamin B1: 0.21mg (13.93%), Vitamin B3: 2.5mg (12.48%), Calcium: 114.77mg (11.48%), Iron: 2.02mg (11.21%), Folate: 37.61µg (9.4%), Vitamin B5: 0.8mg (7.97%), Vitamin B2: 0.12mg (6.94%), Zinc: 0.96mg (6.39%), Selenium: 3.79µg (5.42%), Vitamin K: 4.9µg (4.66%), Vitamin A: 160.41IU (3.21%), Vitamin B12: 0.08µg (1.34%)