



Cheese and Garlic Mashed Potatoes

 Gluten Free

READY IN



22 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

Ingredients

- 1.5 pounds baking potato cubed peeled
- 0.5 cup milk fat-free
- 1 clove garlic minced
- 0.1 teaspoon ground pepper
- 2 teaspoons butter reduced-calorie
- 0.5 teaspoon salt
- 4 ounces sharp cheddar cheese shredded reduced-fat

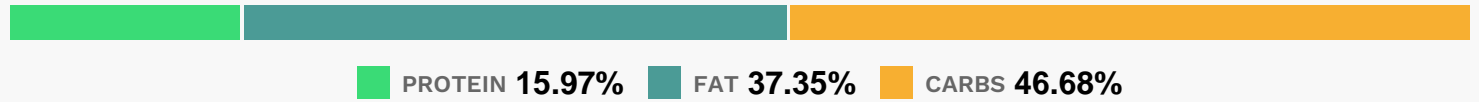
Equipment

- bowl
- sauce pan
- hand mixer

Directions

- Place potato in a large saucepan; add water to cover. Bring to a boil; cover, reduce heat, and simmer 12 minutes or until tender.
- Drain potato; place in a large bowl.
- Add milk and remaining ingredients. Beat at medium speed of an electric mixer until smooth.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:16.62, Inflammation Score:-4, Nutrition Score:7.8756521629251%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 186.47kcal (9.32%), Fat: 7.88g (12.12%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 22.16g (7.39%), Net Carbohydrates: 20.66g (7.51%), Sugar: 1.8g (2%), Cholesterol: 19.51mg (6.5%), Sodium: 347.24mg (15.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.16%), Vitamin B6: 0.42mg (21.13%), Calcium: 177.02mg (17.7%), Phosphorus: 171.99mg (17.2%), Potassium: 524.82mg (14.99%), Manganese: 0.19mg (9.74%), Selenium: 6.28µg (8.98%), Vitamin B2: 0.15mg (8.75%), Magnesium: 33.89mg (8.47%), Vitamin C: 6.62mg (8.03%), Zinc: 1.12mg (7.47%), Vitamin B1: 0.11mg (7.41%), Copper: 0.13mg (6.28%), Vitamin B3: 1.21mg (6.06%), Fiber: 1.5g (5.98%), Vitamin A: 292.05IU (5.84%), Iron: 1.02mg (5.66%), Vitamin B12: 0.32µg (5.34%), Folate: 20.29µg (5.07%), Vitamin B5: 0.5mg (4.97%), Vitamin K: 2.57µg (2.45%), Vitamin D: 0.34µg (2.25%), Vitamin E: 0.21mg (1.37%)