



Chive and Garlic Mashed Potatoes



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 10 tablespoons butter ()
- ☐ 0.8 cup chives chopped (3 bunches)
- ☐ 3 garlic clove minced
- ☐ 2 pounds potatoes – remove skin rinsed unpeeled cut into 1- to 1 1/2-inch pieces

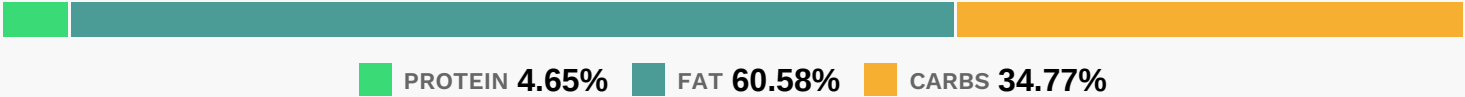
Equipment

- ☐ pot

Directions

- ☐ Cook potatoes in large pot of boiling salted water until tender, about 18 minutes.
- ☐ Drain. Melt butter in same pot over medium heat.
- ☐ Add garlic and sauté until fragrant, about 30 seconds. Return potatoes to pot.
- ☐ Add chives. Mash potatoes coarsely. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:8.4473912793657%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 276.87kcal (13.84%), Fat: 19.18g (29.51%), Saturated Fat: 12.05g (75.34%), Carbohydrates: 24.77g (8.26%), Net Carbohydrates: 22.04g (8.02%), Sugar: 2.07g (2.3%), Cholesterol: 50.17mg (16.72%), Sodium: 177.65mg (7.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.63%), Potassium: 714.36mg (20.41%), Vitamin C: 16.38mg (19.85%), Vitamin A: 811.47IU (16.23%), Vitamin K: 16.69µg (15.9%), Vitamin B6: 0.28mg (14.16%), Manganese: 0.26mg (12.85%), Fiber: 2.73g (10.91%), Copper: 0.21mg (10.75%), Phosphorus: 103.03mg (10.3%), Magnesium: 36.21mg (9.05%), Vitamin B3: 1.79mg (8.95%), Vitamin B1: 0.13mg (8.7%), Folate: 33.21µg (8.3%), Iron: 1.21mg (6.74%), Vitamin B5: 0.47mg (4.73%), Vitamin E: 0.57mg (3.79%), Zinc: 0.57mg (3.77%), Vitamin B2: 0.06mg (3.66%), Calcium: 28.03mg (2.8%), Selenium: 1.25µg (1.78%)