



Creamy Garlic Mashed Potatoes

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons butter
- 3 garlic cloves peeled thinly sliced
- 0.5 cup milk 1% low-fat
- 1.5 pounds potatoes red cubed unpeeled
- 4 servings try build-a-meal
- 0.8 teaspoon salt

Equipment

- sauce pan
- knife
- pot
- potato masher

Directions

- Place potatoes and garlic in a large saucepan; cover with cold water, and bring to a boil over high heat. Reduce heat; simmer, uncovered, until potatoes are tender when pierced with a knife (about 20 minutes).
- Drain; return to pot over low heat.
- Add milk, butter, salt, and pepper. Mash potatoes with a potato masher to desired consistency.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:9.0865217965582%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 188.85kcal (9.44%), Fat: 6.24g (9.6%), Saturated Fat: 3.83g (23.95%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 26.9g (9.78%), Sugar: 3.69g (4.11%), Cholesterol: 16.52mg (5.51%), Sodium: 523.58mg (22.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Potassium: 840.6mg (24.02%), Vitamin C: 15.33mg (18.58%), Manganese: 0.36mg (18.12%), Vitamin B6: 0.34mg (16.97%), Phosphorus: 145.78mg (14.58%), Fiber: 3.2g (12.79%), Copper: 0.24mg (12.2%), Magnesium: 44.37mg (11.09%), Vitamin B1: 0.16mg (10.84%), Vitamin B3: 2.06mg (10.31%), Folate: 31.66µg (7.91%), Iron: 1.36mg (7.56%), Vitamin B5: 0.62mg (6.19%), Calcium: 61.32mg (6.13%), Vitamin B2: 0.1mg (6.01%), Vitamin K: 5.75µg (5.48%), Zinc: 0.78mg (5.19%), Vitamin A: 245.65IU (4.91%), Selenium: 2.38µg (3.4%), Vitamin B12: 0.19µg (3.2%), Vitamin D: 0.32µg (2.16%), Vitamin E: 0.2mg (1.35%)