



## Creamy Garlic Mashed Potatoes (Makeover)

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

### Ingredients

- 0.3 cup skim milk fat-free (skim)
- 4 large cloves garlic peeled
- 0.3 cup cream sour reduced-fat
- 0.1 teaspoon pepper
- 1 teaspoon salt
- 3 lb yukon gold potatoes peeled cut into quarters

### Equipment

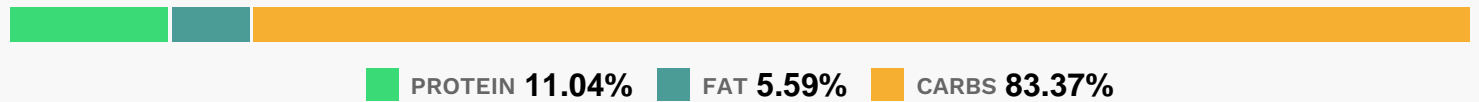
- frying pan

sauce pan

## Directions

- In 3-quart saucepan, place potatoes and garlic; add enough water (salted if desired) to cover.
- Heat to boiling. Reduce heat to medium-low; cover loosely and boil gently 15 to 20 minutes or until potatoes are tender.
- Drain; shake pan with potatoes over low heat to dry.
- Mash potatoes and garlic until no lumps remain.
- Add milk in small amounts, beating after each addition (amount of milk needed to make potatoes smooth and fluffy depends on type of potato used).
- Add remaining ingredients. Mash vigorously until potatoes are light and fluffy.

## Nutrition Facts



## Properties

Glycemic Index:22.38, Glycemic Load:22.06, Inflammation Score:-4, Nutrition Score:9.1756521269031%

## Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

## Nutrients (% of daily need)

Calories: 146.53kcal (7.33%), Fat: 0.93g (1.43%), Saturated Fat: 0.53g (3.28%), Carbohydrates: 31.24g (10.41%), Net Carbohydrates: 27.46g (9.99%), Sugar: 1.87g (2.08%), Cholesterol: 2.82mg (0.94%), Sodium: 311.3mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.27%), Vitamin C: 34.04mg (41.26%), Vitamin B6: 0.53mg (26.39%), Potassium: 754.88mg (21.57%), Fiber: 3.78g (15.13%), Manganese: 0.29mg (14.52%), Phosphorus: 115.33mg (11.53%), Magnesium: 41.5mg (10.38%), Vitamin B1: 0.15mg (9.85%), Copper: 0.19mg (9.51%), Vitamin B3: 1.82mg (9.1%), Iron: 1.36mg (7.57%), Folate: 28.26µg (7.07%), Vitamin B5: 0.55mg (5.49%), Calcium: 47.05mg (4.71%), Vitamin B2: 0.08mg (4.6%), Zinc: 0.59mg (3.96%), Vitamin K: 3.34µg (3.19%), Selenium: 1.15µg (1.65%), Vitamin B12: 0.09µg (1.49%)