



Creamy Onion and Garlic Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



340 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons garlic minced
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 3 pounds russet potatoes
- ☐ 7 servings salt and pepper
- ☐ 0.5 cup cup heavy whipping cream sour

☐ 0.3 cup whipping cream

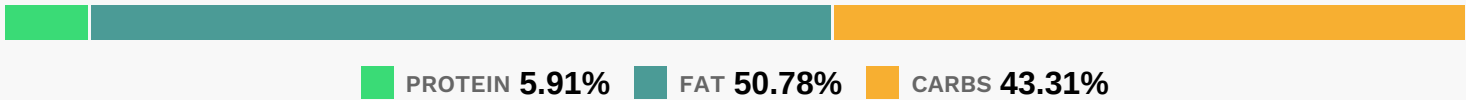
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ hand mixer
- ☐ potato masher

Directions

- ☐ In a 5- to 6-quart pan over medium-high heat, stir onion and garlic in oil until limp, about 5 minutes.
- ☐ Scrape into a small bowl.
- ☐ Pour 1 quart water into the 5- to 6-quart pan (no need to wash pan) and bring to a boil over high heat.
- ☐ Peel and rinse potatoes; cut into 1-inch chunks.
- ☐ Add potatoes to boiling water; cover and return to a boil, then reduce heat to medium and simmer until potatoes mash easily, 8 to 10 minutes.
- ☐ Drain potatoes and return to pan.
- ☐ Add onion mixture, sour cream, mayonnaise, cream, and butter to potatoes. Mash with a potato masher or an electric mixer until mixture is as lumpy or smooth as you like, gradually beating in enough of the milk to reach desired consistency.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:27.39, Glycemic Load:28.02, Inflammation Score:-5, Nutrition Score:10.556956415591%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 339.98kcal (17%), Fat: 19.63g (30.21%), Saturated Fat: 5.83g (36.41%), Carbohydrates: 37.68g (12.56%), Net Carbohydrates: 34.97g (12.72%), Sugar: 2.41g (2.67%), Cholesterol: 22.66mg (7.55%), Sodium: 300.19mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.29%), Vitamin B6: 0.72mg (35.94%), Potassium: 862.89mg (24.65%), Vitamin K: 19.53µg (18.6%), Manganese: 0.36mg (17.81%), Vitamin C: 12.56mg (15.23%), Phosphorus: 132.64mg (13.26%), Magnesium: 48.49mg (12.12%), Vitamin B1: 0.17mg (11.58%), Fiber: 2.7g (10.82%), Copper: 0.22mg (10.78%), Vitamin B3: 2.06mg (10.29%), Iron: 1.79mg (9.93%), Folate: 30.5µg (7.62%), Vitamin A: 377.88IU (7.56%), Vitamin E: 1.13mg (7.51%), Vitamin B5: 0.7mg (7.02%), Vitamin B2: 0.12mg (6.78%), Calcium: 55.36mg (5.54%), Zinc: 0.69mg (4.6%), Selenium: 2.19µg (3.13%), Vitamin B12: 0.06µg (1.03%), Vitamin D: 0.15µg (1.01%)