



 **64%**
HEALTH SCORE

Easy Garlic Mashed Potatoes

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



555 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 8 cloves garlic peeled
- 1.3 cups buttermilk low-fat
- 1 teaspoon salt
- 3 pounds potatoes – remove skin red cubed peeled ()

Equipment

- frying pan
- sauce pan

potato masher

Directions

Place potatoes and garlic in a large saucepan; cover with water, and bring to a boil. Cook 15 minutes or until very tender; drain. Return potato mixture to pan; add remaining ingredients; mash with a potato masher.

Nutrition Facts



PROTEIN 12.92% **FAT 4.11%** **CARBS 82.97%**

Properties

Glycemic Index:31, Glycemic Load:1.18, Inflammation Score:-8, Nutrition Score:33.943043387454%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 555.41kcal (27.77%), Fat: 2.63g (4.05%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 119.66g (39.89%), Net Carbohydrates: 107.71g (39.17%), Sugar: 16.09g (17.87%), Cholesterol: 6mg (2%), Sodium: 1509.35mg (65.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.64g (37.28%), Potassium: 3377.27mg (96.49%), Vitamin C: 63.76mg (77.28%), Vitamin B6: 1.36mg (67.9%), Manganese: 1.23mg (61.49%), Phosphorus: 567.69mg (56.77%), Copper: 0.97mg (48.58%), Fiber: 11.95g (47.78%), Magnesium: 170.07mg (42.52%), Vitamin B1: 0.63mg (41.78%), Vitamin B3: 7.99mg (39.97%), Folate: 130.41µg (32.6%), Iron: 5.3mg (29.47%), Vitamin B2: 0.46mg (26.82%), Calcium: 266.69mg (26.67%), Vitamin B5: 2.39mg (23.89%), Zinc: 3.02mg (20.16%), Vitamin K: 20.9µg (19.91%), Selenium: 8.13µg (11.62%), Vitamin B12: 0.33µg (5.5%), Vitamin A: 121.94IU (2.44%), Vitamin E: 0.16mg (1.05%)