

Garlic Basil Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



420 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 2 ounces cream cheese
- 2 teaspoons basil dried
- 0.5 teaspoon garlic powder
- 3 servings salt and ground pepper black to taste
- 2 pounds potatoes scrubbed chopped
- 0.3 cup cup heavy whipping cream sour

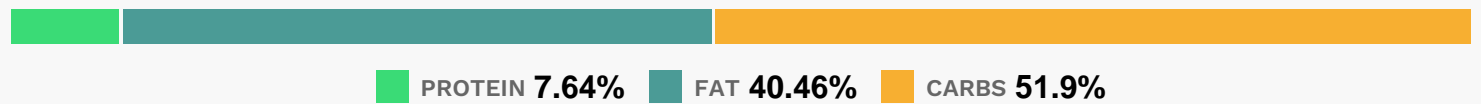
Equipment

- bowl
- pot
- hand mixer

Directions

- Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Drain.
- Place drained potatoes, butter, cream cheese, sour cream, dried basil, and garlic powder in a large bowl.
- Mix well with an electric mixer on medium speed. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:65.92, Glycemic Load:38.98, Inflammation Score:-7, Nutrition Score:18.186956473019%

Flavonoids

Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 419.97kcal (21%), Fat: 19.33g (29.75%), Saturated Fat: 11.29g (70.57%), Carbohydrates: 55.81g (18.6%), Net Carbohydrates: 48.83g (17.76%), Sugar: 3.97g (4.41%), Cholesterol: 54.23mg (18.08%), Sodium: 146.25mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.22g (16.44%), Vitamin C: 59.81mg (72.5%), Vitamin B6: 0.93mg (46.55%), Potassium: 1357.04mg (38.77%), Fiber: 6.97g (27.9%), Manganese: 0.55mg (27.53%), Phosphorus: 218.3mg (21.83%), Magnesium: 79.29mg (19.82%), Vitamin K: 18.77µg (17.88%), Copper: 0.35mg (17.63%), Vitamin B1: 0.25mg (16.98%), Iron: 3.04mg (16.87%), Vitamin B3: 3.27mg (16.35%), Folate: 54.22µg (13.55%), Vitamin A: 657.83IU (13.16%), Vitamin B2: 0.2mg (11.48%), Vitamin B5: 1.11mg (11.1%), Calcium: 98.44mg (9.84%), Zinc: 1.13mg (7.52%), Selenium: 3.72µg (5.31%), Vitamin E: 0.58mg (3.88%), Vitamin B12: 0.11µg (1.85%)