



## Garlic-Cheese Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



1110 kcal

SIDE DISH

### Ingredients

- 1 stick butter
- 4 servings chives for garnish
- 6 cloves garlic smashed
- 2 cups heavy cream
- 4 servings kosher salt
- 4 servings cracked peppercorns
- 3 pounds bliss potatoes red boiled quartered
- 8 ounces cheddar shredded

## Equipment

- frying pan
- sauce pan
- pot

## Directions

- Boil potatoes off in a large pot of salted water until tender.
- Drain the water and place potatoes back in pan.
- In a large saucepan, heat heavy cream, butter and garlic to a light simmer. Once cream starts to simmer, turn off the heat and add to the potatoes. Mash together. Fold in cheese, peppercorns and salt, to taste.
- Garnish with chopped chives.

## Nutrition Facts

**PROTEIN 8.53%** **FAT 68.01%** **CARBS 23.46%**

## Properties

Glycemic Index:66.94, Glycemic Load:44.44, Inflammation Score:-9, Nutrition Score:31.100000091221%

## Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

## Nutrients (% of daily need)

Calories: 1109.95kcal (55.5%), Fat: 85.52g (131.56%), Saturated Fat: 52.88g (330.53%), Carbohydrates: 66.38g (22.13%), Net Carbohydrates: 58.53g (21.28%), Sugar: 6.4g (7.11%), Cholesterol: 251.91mg (83.97%), Sodium: 799.79mg (34.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.13g (48.25%), Vitamin C: 69.72mg (84.51%), Vitamin A: 3079.6IU (61.59%), Vitamin B6: 1.15mg (57.26%), Calcium: 540.62mg (54.06%), Phosphorus: 538.44mg (53.84%), Potassium: 1630.04mg (46.57%), Manganese: 0.73mg (36.72%), Vitamin B2: 0.6mg (35.3%), Fiber: 7.86g (31.43%), Selenium: 21.62µg (30.88%), Magnesium: 105.71mg (26.43%), Zinc: 3.45mg (22.99%), Vitamin B1: 0.32mg (21.64%), Copper: 0.43mg (21.38%), Vitamin B3: 3.75mg (18.76%), Folate: 73.3µg (18.33%), Iron: 3.06mg (17%), Vitamin K: 17.45µg (16.62%), Vitamin B5: 1.62mg (16.2%), Vitamin D: 2.24µg (14.96%), Vitamin E: 2.23mg (14.84%), Vitamin B12: 0.84µg (13.99%)