



Garlic-Chive Mashed Potatoes

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

137 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 ounces cream cheese fat-free
- ☐ 0.7 cup milk fat-free
- ☐ 0.3 cup chives fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 24 oz steam-and-mash potatoes frozen
- ☐ 6 servings salt and pepper freshly ground to taste

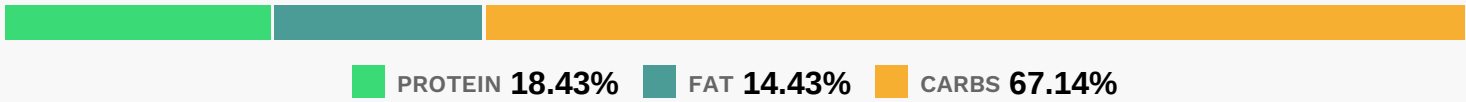
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Microwave potatoes according to package directions. Meanwhile, melt butter in a small skillet over medium heat; add minced garlic, and saut 1 minute.
- ☐ Transfer cooked potatoes to a large bowl.
- ☐ Add garlic mixture, cream cheese, milk, chopped fresh chives, and salt and freshly ground pepper to taste; mash to desired consistency.
- ☐ Note: We tested with Ore-Ida Steam n' Mash
- ☐ Cut Russet Potatoes.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:15.15, Inflammation Score:-4, Nutrition Score:8.8208695701931%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 136.79kcal (6.84%), Fat: 2.23g (3.43%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 23.35g (7.78%), Net Carbohydrates: 20.76g (7.55%), Sugar: 3.36g (3.73%), Cholesterol: 8.1mg (2.7%), Sodium: 359.84mg (15.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Vitamin C: 24.25mg (29.4%), Phosphorus: 197.52mg (19.75%), Vitamin B6: 0.39mg (19.38%), Potassium: 590.61mg (16.87%), Calcium: 122.22mg (12.22%), Manganese: 0.22mg (10.99%), Fiber: 2.59g (10.37%), Magnesium: 34.99mg (8.75%), Vitamin B1: 0.12mg (7.96%), Vitamin B2: 0.13mg (7.5%), Copper: 0.14mg (6.97%), Folate: 27.77µg (6.94%), Vitamin K: 7.12µg (6.78%), Vitamin B3: 1.3mg (6.5%), Vitamin B5: 0.61mg (6.13%), Vitamin B12: 0.34µg (5.69%), Iron: 0.99mg (5.51%), Zinc: 0.77mg (5.15%), Vitamin A: 223.04IU (4.46%), Selenium: 2.14µg (3.06%), Vitamin D: 0.3µg (2%)