



Garlic-Gruyère Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 1 garlic clove minced
- ☐ 2 green onions thinly sliced
- ☐ 8 servings garnishes: additional green onions shredded diagonally sliced
- ☐ 4 ounces gruyère cheese shredded
- ☐ 0.8 cup milk hot
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon salt

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 3 pounds yukon gold potatoes 7 large

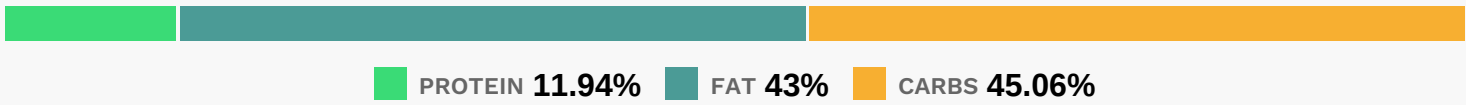
Equipment

- ☐ frying pan
- ☐ potato masher

Directions

- ☐ Peel potatoes, if desired; cut into chunks. Cook in boiling water to cover 15 to 20 minutes or until tender.
- ☐ Drain well. Return potatoes to pan.
- ☐ Add butter.
- ☐ Mash with a potato masher; stir in hot milk and next 4 ingredients. Mash again to desired texture.
- ☐ Stir in 1 cup cheese and 2 thinly sliced green onions.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:34.34, Glycemic Load:22.39, Inflammation Score:-6, Nutrition Score:13.340434660082%

Flavonoids

Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 283.47kcal (14.17%), Fat: 13.8g (21.23%), Saturated Fat: 5.69g (35.56%), Carbohydrates: 32.54g (10.85%), Net Carbohydrates: 28.54g (10.38%), Sugar: 3.13g (3.48%), Cholesterol: 24.41mg (8.14%), Sodium: 336mg (14.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.25%), Vitamin C: 35.46mg (42.98%), Vitamin B6: 0.54mg (27.13%), Potassium: 808.65mg (23.1%), Phosphorus: 217.98mg (21.8%), Vitamin K: 22.45µg (21.38%), Calcium: 198.92mg (19.89%), Fiber: 4g (16%), Manganese: 0.29mg (14.63%), Magnesium: 50.2mg (12.55%), Vitamin

A: 591.52IU (11.83%), Vitamin B1: 0.16mg (10.65%), Copper: 0.2mg (10.14%), Vitamin B12: 0.59µg (9.81%), Vitamin B2: 0.16mg (9.61%), Vitamin B3: 1.89mg (9.45%), Folate: 35.21µg (8.8%), Zinc: 1.29mg (8.63%), Selenium: 5.85µg (8.36%), Iron: 1.5mg (8.35%), Vitamin B5: 0.71mg (7.14%), Vitamin E: 0.44mg (2.92%), Vitamin D: 0.25µg (1.68%)