



## Garlic-Herb Mashed Potatoes

 Gluten Free

READY IN



65 min.

SERVINGS



14

CALORIES



115 kcal

SIDE DISH

### Ingredients

- 3 pounds baking potatoes peeled cut into fourths
- 1 teaspoon salt
- 0.3 cup butter
- 2 cloves garlic crushed
- 0.8 cup milk
- 2 tablespoons chives fresh chopped
- 0.5 teaspoon thyme sprigs fresh chopped
- 0.5 teaspoon rosemary leaves fresh chopped

1 serving salt and pepper to taste

## Equipment

sauce pan

hand mixer

potato masher

## Directions

Place potatoes in 4-quart saucepan; add enough water to cover potatoes.

Add

teaspoon salt.

Heat to boiling; reduce heat. Simmer uncovered 20 to 30 minutes

or until tender; drain. Mash with potato masher or electric mixer on low speed.

While potatoes are cooking, melt butter in 1-quart saucepan over medium-low

heat. Cook garlic in butter 3 to 4 minutes, stirring frequently and being careful not

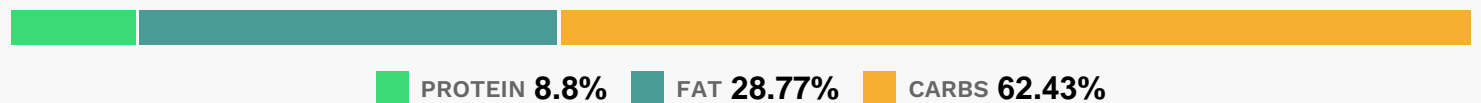
to brown butter, until garlic is very soft. Stir in milk and herbs. Cook until

thoroughly heated.

Add milk mixture to mashed potatoes; beat until smooth and creamy. Season

with salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:17.34, Glycemic Load:14.09, Inflammation Score:-3, Nutrition Score:4.8060869393141%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 114.62kcal (5.73%), Fat: 3.77g (5.79%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 18.39g (6.13%), Net Carbohydrates: 17.1g (6.22%), Sugar: 1.24g (1.38%), Cholesterol: 1.57mg (0.52%), Sodium: 228.09mg (9.92%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.59g (5.18%), Vitamin B6: 0.35mg (17.49%), Potassium: 430.11mg (12.29%), Manganese: 0.16mg (8.18%), Vitamin C: 6.05mg (7.33%), Phosphorus: 68.58mg (6.86%), Magnesium: 24.46mg (6.11%), Vitamin B1: 0.09mg (5.91%), Fiber: 1.29g (5.18%), Copper: 0.1mg (5.14%), Vitamin B3: 1.03mg (5.14%), Iron: 0.86mg (4.8%), Vitamin A: 189.34IU (3.79%), Folate: 14.15µg (3.54%), Vitamin B5: 0.35mg (3.49%), Calcium: 31.51mg (3.15%), Vitamin B2: 0.05mg (3.11%), Vitamin K: 2.71µg (2.58%), Zinc: 0.34mg (2.3%), Vitamin B12: 0.07µg (1.24%)