



Garlic mash potato bake

READY IN



50 min.

SERVINGS



4

CALORIES



355 kcal

SIDE DISH

Ingredients

- ☐ 1 kg potatoes quartered
- ☐ 4 servings butter for frying
- ☐ 1 garlic clove finely chopped
- ☐ 140 ml single cream
- ☐ 25 g breadcrumbs dried white
- ☐ 25 g gruyere cheese grated
- ☐ 2 thyme sprigs

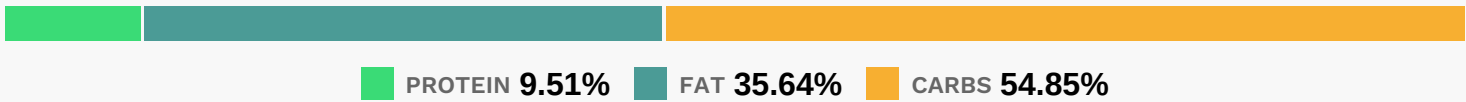
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook the potatoes in a large pan of water for 15 mins or until soft.
- ☐ Drain well.
- ☐ Place the pan back on the heat. Melt a little butter and cook the garlic for 1 min to soften, then stir in the cream or milk and heat through. Return the potatoes to the pan and mash until smooth.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Spoon the mixture into a 20 x 30cm baking dish.
- ☐ Sprinkle the breadcrumbs, cheese and thyme over the top. Can be made up to this point the day before and stored in the fridge or frozen for up to 1 month. Cook for 15 mins until the crumbs are crisp and the cheese has melted. To cook from frozen, simply cook for 1 hr 10 mins.

Nutrition Facts



Properties

Glycemic Index:52.19, Glycemic Load:32.07, Inflammation Score:-8, Nutrition Score:15.566956442335%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 355.03kcal (17.75%), Fat: 14.33g (22.04%), Saturated Fat: 8.68g (54.22%), Carbohydrates: 49.61g (16.54%), Net Carbohydrates: 43.75g (15.91%), Sugar: 2.41g (2.67%), Cholesterol: 48.27mg (16.09%), Sodium: 124mg (5.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.2%), Vitamin C: 50.5mg (61.21%), Vitamin B6: 0.77mg (38.55%), Potassium: 1110.4mg (31.73%), Fiber: 5.87g (23.47%), Manganese: 0.46mg (23.12%), Phosphorus: 214.11mg

(21.41%), Vitamin B1: 0.27mg (18.3%), Magnesium: 65.92mg (16.48%), Vitamin B3: 3.09mg (15.43%), Copper: 0.3mg (14.77%), Calcium: 132.58mg (13.26%), Iron: 2.37mg (13.19%), Folate: 49µg (12.25%), Vitamin B2: 0.17mg (10.02%), Vitamin A: 471.23IU (9.42%), Vitamin B5: 0.91mg (9.09%), Zinc: 1.17mg (7.78%), Vitamin K: 6.37µg (6.07%), Selenium: 3.52µg (5.04%), Vitamin B12: 0.19µg (3.24%), Vitamin E: 0.38mg (2.55%), Vitamin D: 0.25µg (1.66%)