



## Garlic Mashed Potatoes

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 2.5 lb baking potatoes peeled quartered ( 7)
- 1 Tbsp butter
- 8 oz philadelphia cream cheese spread
- 4 cloves garlic minced

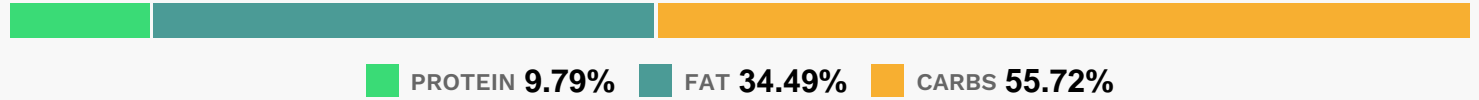
### Equipment

- sauce pan

## Directions

- Cook potatoes and garlic in boiling water in large saucepan 20 min. or until potatoes are tender; drain.
- Mash potatoes until smooth.
- Add remaining ingredients; mix well.

## Nutrition Facts



## Properties

Glycemic Index:14.34, Glycemic Load:20.29, Inflammation Score:-4, Nutrition Score:6.5308695201479%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 197.1kcal (9.86%), Fat: 7.67g (11.8%), Saturated Fat: 4.28g (26.75%), Carbohydrates: 27.88g (9.29%), Net Carbohydrates: 26.01g (9.46%), Sugar: 1.77g (1.97%), Cholesterol: 17.58mg (5.86%), Sodium: 155.39mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Vitamin B6: 0.51mg (25.39%), Potassium: 597.84mg (17.08%), Manganese: 0.25mg (12.38%), Vitamin C: 8.55mg (10.36%), Magnesium: 33.03mg (8.26%), Phosphorus: 80.66mg (8.07%), Vitamin B1: 0.12mg (7.96%), Copper: 0.15mg (7.52%), Fiber: 1.87g (7.5%), Vitamin B3: 1.48mg (7.39%), Iron: 1.24mg (6.91%), Vitamin A: 333.47IU (6.67%), Calcium: 55.69mg (5.57%), Folate: 19.91µg (4.98%), Vitamin B5: 0.44mg (4.37%), Vitamin B2: 0.05mg (2.89%), Zinc: 0.43mg (2.86%), Vitamin K: 2.58µg (2.45%), Selenium: 0.78µg (1.11%)