



Garlic Mashed Potatoes

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 large cloves garlic peeled quartered
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 1.3 pounds yukon gold potatoes unpeeled cut into 1-inch pieces

Equipment

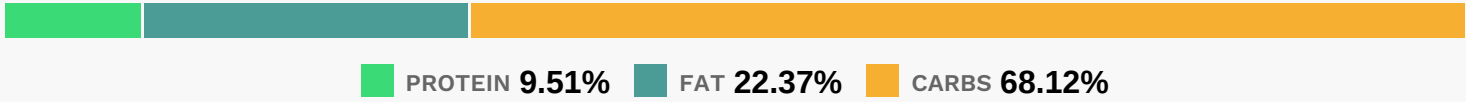
- ☐ knife

- ☐ pot
- ☐ stove
- ☐ microwave
- ☐ steamer basket

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the potatoes and garlic in a steamer basket fitted over a large pot of boiling water. Cover and steam until the potatoes are knife-tender, 12 to 15 minutes. Warm the chicken broth in a small pot on the stove or in a glass container in the microwave.
- ☐ Remove the steamer basket and drain the water from the large pot.
- ☐ Transfer the potatoes and garlic to the pot, add the oil, salt, pepper, and broth and mash until smooth.
- ☐ Excellent source of: Vitamin B6, Vitamin C, Potassium
- ☐ Good source of: Fiber, Niacin, Folate, Magnesium, Manganese, Phosphorus

Nutrition Facts



Properties

Glycemic Index:36.44, Glycemic Load:18.42, Inflammation Score:-3, Nutrition Score:7.9878260810738%

Flavonoids

Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 149.59kcal (7.48%), Fat: 3.82g (5.88%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 26.19g (8.73%), Net Carbohydrates: 22.98g (8.36%), Sugar: 1.17g (1.31%), Cholesterol: 0mg (0%), Sodium: 308.64mg (13.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Vitamin C: 28.86mg (34.98%), Vitamin B6: 0.46mg (22.93%), Potassium: 635.91mg (18.17%), Manganese: 0.28mg (14.19%), Fiber: 3.21g (12.85%), Vitamin B3: 1.92mg (9.6%), Phosphorus: 94.43mg (9.44%), Copper: 0.18mg (8.95%), Magnesium: 33.87mg (8.47%), Vitamin B1: 0.12mg (7.97%), Iron: 1.25mg (6.96%), Folate: 22.79µg (5.7%), Vitamin K: 5.06µg (4.82%), Vitamin B5: 0.44mg (4.39%),

Vitamin E: 0.52mg (3.48%), Vitamin B2: 0.06mg (3.4%), Zinc: 0.48mg (3.18%), Calcium: 24.39mg (2.44%), Selenium: 0.86µg (1.23%)