



Garlic Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 3 cloves garlic chopped
- ☐ 1 cup milk
- ☐ 1.5 teaspoons salt
- ☐ 6 tablespoons butter unsalted
- ☐ 2 pounds yukon gold potatoes cubed peeled

Equipment

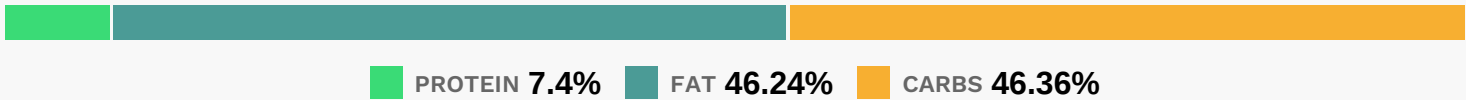
- ☐ bowl

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil over medium heat. Cook the potatoes until tender, about 25 minutes.
- ☐ Drain well.
- ☐ Combine the milk and garlic in a medium saucepan and simmer for 5 minutes.
- ☐ In a large serving bowl, add the potatoes and mash them while slowly adding the milk mixture, butter, salt, and pepper, to taste, to the desired consistency. Taste and adjust the seasoning, if necessary.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:20.21, Inflammation Score:-5, Nutrition Score:9.6399999805119%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 243.69kcal (12.18%), Fat: 12.8g (19.7%), Saturated Fat: 7.99g (49.94%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 25.5g (9.27%), Sugar: 3.16g (3.51%), Cholesterol: 34.98mg (11.66%), Sodium: 607.71mg (26.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.23%), Vitamin C: 30.25mg (36.67%), Vitamin B6: 0.49mg (24.51%), Potassium: 708.37mg (20.24%), Manganese: 0.27mg (13.64%), Fiber: 3.38g (13.53%), Phosphorus: 133.07mg (13.31%), Magnesium: 40.5mg (10.12%), Vitamin B1: 0.15mg (9.84%), Copper: 0.17mg (8.61%), Vitamin A: 419.45IU (8.39%), Vitamin B3: 1.65mg (8.27%), Calcium: 75.04mg (7.5%), Iron: 1.22mg (6.79%), Vitamin B2: 0.11mg (6.53%), Vitamin B5: 0.63mg (6.25%), Folate: 24.67µg (6.17%), Vitamin D: 0.66µg (4.38%), Zinc: 0.64mg (4.25%), Vitamin B12: 0.24µg (4.06%), Vitamin K: 4.16µg (3.97%), Vitamin E: 0.36mg (2.42%), Selenium: 1.59µg (2.27%)