



Garlic Mashed Potatoes



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



407 kcal

SIDE DISH

Ingredients

- ☐ 0.5 stick butter softened
- ☐ 1 head garlic sliced
- ☐ 1 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon salt
- ☐ 4 servings salt and pepper black to taste
- ☐ 6 large to 8 yukon gold potatoes peeled quartered

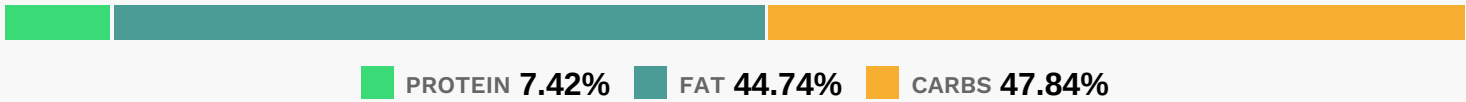
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ aluminum foil
- ☐ colander
- ☐ potato ricer

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Place the cut garlic bulb on a piece of aluminum foil and drizzle with olive oil. Close the packet and bake in the oven for 40 minutes until softened.
- ☐ Put the cut potatoes in a large stockpot, cover with cold water, and add salt. Bring to a boil, then simmer until the potatoes are fork tender, about 20 to 30 minutes.
- ☐ Drain well in a colander. While the potatoes are still warm, press them through a potato ricer or food mill and into a mixing bowl. Whip in the warm milk and softened butter until incorporated and the potatoes are fluffy. Squeeze the roasted garlic cloves out of the skins.
- ☐ Add the garlic pulp to the potatoes. Beat again; season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:50.44, Glycemic Load:34.35, Inflammation Score:-6, Nutrition Score:16.573043615922%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 406.54kcal (20.33%), Fat: 20.67g (31.8%), Saturated Fat: 9.43g (58.96%), Carbohydrates: 49.72g (16.57%), Net Carbohydrates: 43.97g (15.99%), Sugar: 5g (5.56%), Cholesterol: 37.69mg (12.56%), Sodium: 2068.53mg (89.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.43%), Vitamin C: 52.42mg

(63.54%), Vitamin B6: 0.88mg (43.83%), Potassium: 1196.98mg (34.2%), Manganese: 0.51mg (25.73%), Fiber: 5.76g (23.03%), Phosphorus: 221.06mg (22.11%), Magnesium: 68.05mg (17.01%), Vitamin B1: 0.25mg (16.86%), Copper: 0.3mg (14.92%), Vitamin B3: 2.81mg (14.03%), Calcium: 122.96mg (12.3%), Iron: 2.17mg (12.04%), Vitamin B2: 0.18mg (10.49%), Vitamin B5: 1.04mg (10.4%), Folate: 41.43µg (10.36%), Vitamin K: 10.35µg (9.86%), Vitamin E: 1.4mg (9.32%), Vitamin A: 457.53IU (9.15%), Zinc: 1.09mg (7.26%), Vitamin B12: 0.35µg (5.89%), Vitamin D: 0.67µg (4.47%), Selenium: 3.06µg (4.38%)