



Garlic Mashed Potatoes



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 2 garlic cloves halved
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 2 pounds potatoes red cubed peeled
- ☐ 0.3 teaspoon salt

Equipment

- ☐ frying pan

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Place potatoes and garlic in a medium saucepan; cover with cold water. Bring to a boil. Reduce heat, and simmer 12 minutes or until potatoes are very tender.
- ☐ Drain. Return potato mixture to pan.
- ☐ Add milk, 1 tablespoon butter, salt, and black pepper; mash with a potato masher to desired consistency.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:10.683043490285%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 201.15kcal (10.06%), Fat: 3.75g (5.77%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 38.06g (12.69%), Net Carbohydrates: 34.14g (12.41%), Sugar: 4.44g (4.93%), Cholesterol: 9.89mg (3.3%), Sodium: 222.82mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.8%), Potassium: 1081.77mg (30.91%), Vitamin C: 20.03mg (24.28%), Vitamin B6: 0.42mg (20.79%), Manganese: 0.37mg (18.27%), Phosphorus: 168.82mg (16.88%), Fiber: 3.92g (15.67%), Copper: 0.31mg (15.6%), Magnesium: 53.8mg (13.45%), Vitamin B3: 2.65mg (13.23%), Vitamin B1: 0.2mg (13.23%), Folate: 42.47µg (10.62%), Iron: 1.7mg (9.45%), Vitamin B2: 0.13mg (7.53%), Vitamin B5: 0.75mg (7.52%), Vitamin K: 7.11µg (6.77%), Calcium: 62.28mg (6.23%), Zinc: 0.91mg (6.08%), Selenium: 2.13µg (3.04%), Vitamin B12: 0.16µg (2.71%), Vitamin A: 134.25IU (2.68%)