



Garlic Mashed Potatoes



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

Ingredients

- ☐ 1 head garlic
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 4 servings salt
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 3 Tbsp butter
- ☐ 2 pounds another yellow

Equipment

- ☐ bowl

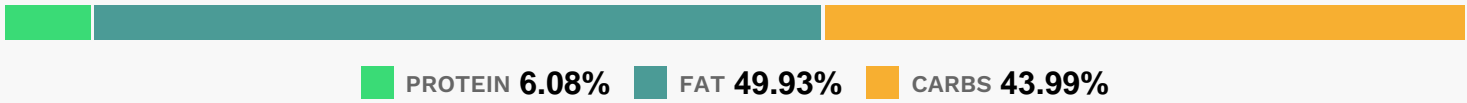
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ potato masher
- ☐ aluminum foil
- ☐ stove
- ☐ microwave

Directions

- ☐ Roast the garlic: Preheat the oven to 400°F.
- ☐ Remove the outer layer of papery skin of the whole garlic head, leaving the head itself intact.
- ☐ Using a paring knife, slice off the tops (1/4-inch to 1/2-inch) of the garlic cloves so they are all exposed.
- ☐ Drizzle olive oil over the garlic heads, salt lightly, and wrap lightly in aluminum foil.
- ☐ Bake at 400°F for 30 to 40 minutes, or until the cloves feel soft to the touch and are beginning to brown. (See our Roasted Garlic recipe).
- ☐ Remove from the oven and let cool.
- ☐ Boil the potatoes: While the garlic is roasting, peel and chop the potatoes into 1-inch chunks.
- ☐ Place potatoes in a medium saucepan, add 1/2 teaspoon salt, cover with cold water.
- ☐ Bring the pot to a boil, reduce to a simmer, and simmer your potatoes until tender when pierced with a fork, about 15 minutes.
- ☐ Warm the cream and melt the butter together, either in a small pan on the stovetop or in a bowl in the microwave.
- ☐ Mash potatoes with garlic, cream, butter:
- ☐ Drain the pot with the potatoes and put it back on the stovetop over low heat.
- ☐ Put the drained potatoes back in the pot.
- ☐ Squeeze the roasted garlic into the potatoes and begin mashing with a potato masher or a large fork.

- ☐
- Add the cream and butter and mash until the potatoes are the consistency you want. Do not over-beat them, or they potatoes will become gummy.
- ☐
- Taste for salt and add some if needed.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:11.853912936605%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 343.92kcal (17.2%), Fat: 19.65g (30.23%), Saturated Fat: 10.6g (66.28%), Carbohydrates: 38.95g (12.98%), Net Carbohydrates: 34.94g (12.71%), Sugar: 3.58g (3.98%), Cholesterol: 45.31mg (15.1%), Sodium: 309.71mg (13.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.77%), Potassium: 1081.47mg (30.9%), Vitamin C: 21.81mg (26.43%), Vitamin B6: 0.48mg (23.98%), Manganese: 0.44mg (21.88%), Copper: 0.33mg (16.36%), Phosphorus: 163.12mg (16.31%), Fiber: 4g (16.01%), Vitamin B1: 0.2mg (13.48%), Vitamin B3: 2.67mg (13.36%), Magnesium: 53.25mg (13.31%), Vitamin A: 574.2IU (11.48%), Folate: 42.15µg (10.54%), Iron: 1.82mg (10.1%), Vitamin K: 10.18µg (9.7%), Vitamin B5: 0.74mg (7.37%), Vitamin B2: 0.12mg (6.99%), Vitamin E: 0.96mg (6.41%), Zinc: 0.89mg (5.92%), Calcium: 51.15mg (5.12%), Selenium: 2.83µg (4.04%), Vitamin D: 0.32µg (2.12%)