



Garlic Mashed Potatoes



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 28 ounce seasoned chicken broth with roasted garlic swanson® canned
- ☐ 1 dash ground pepper black generous
- ☐ 5 large potatoes cut into 1-inch pieces

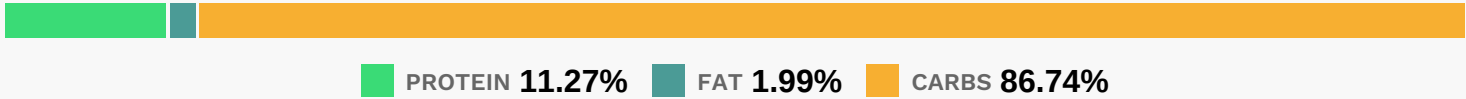
Equipment

- ☐ sauce pan

Directions

- ☐ Place broth and potatoes in saucepan.
- ☐ Heat to a boil. Cover and cook over medium heat 10 minutes or until tender.
- ☐ Drain, reserving broth.
- ☐ Mash potatoes with 1 1/4 cups broth and black pepper.
- ☐ Add additional broth, if needed, until desired consistency.

Nutrition Facts



Properties

Glycemic Index:19.29, Glycemic Load:39.33, Inflammation Score:-5, Nutrition Score:15.877826097219%

Flavonoids

Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 244.75kcal (12.24%), Fat: 0.56g (0.85%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 54.31g (18.1%), Net Carbohydrates: 47.54g (17.29%), Sugar: 2.97g (3.3%), Cholesterol: 2.65mg (0.88%), Sodium: 509.28mg (22.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.12%), Vitamin C: 60.58mg (73.43%), Vitamin B6: 0.91mg (45.36%), Potassium: 1318.61mg (37.67%), Fiber: 6.77g (27.08%), Manganese: 0.53mg (26.67%), Vitamin B1: 0.27mg (18.25%), Phosphorus: 180.59mg (18.06%), Magnesium: 72.08mg (18.02%), Vitamin B3: 3.53mg (17.65%), Copper: 0.35mg (17.61%), Iron: 2.49mg (13.85%), Folate: 49.2µg (12.3%), Vitamin B2: 0.18mg (10.38%), Vitamin B5: 0.92mg (9.22%), Zinc: 0.98mg (6.56%), Vitamin K: 5.87µg (5.59%), Calcium: 42.27mg (4.23%), Selenium: 1.45µg (2.08%)