



Garlic Mashed Potatoes and Turnips



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baking potatoes cubed peeled
- ☐ 2 tablespoons chives fresh chopped
- ☐ 8 garlic cloves sliced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 teaspoons horseradish prepared
- ☐ 0.3 cup milk 2% low-fat
- ☐ 0.1 teaspoon pepper
- ☐ 0.8 teaspoon salt

☐ 0.5 pound turnips peeled sliced

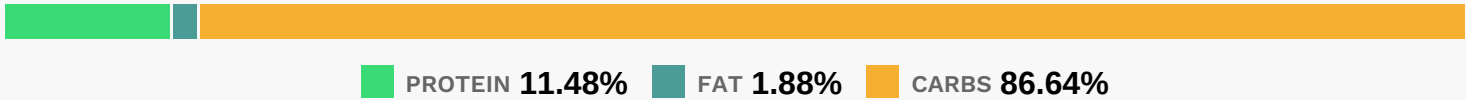
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine the first 3 ingredients in a medium saucepan; cover with water, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until very tender.
- ☐ Drain well, and return to pan; beat at high speed of a mixer until smooth.
- ☐ Add milk, horseradish, salt, nutmeg, and pepper; beat well.
- ☐ Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:73.95, Glycemic Load:27.85, Inflammation Score:-4, Nutrition Score:10.532608795425%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 169.97kcal (8.5%), Fat: 0.37g (0.57%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 34.84g (12.67%), Sugar: 3.68g (4.09%), Cholesterol: 0.59mg (0.2%), Sodium: 402.16mg (17.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.13%), Vitamin B6: 0.74mg (36.84%), Vitamin C: 22.56mg (27.35%), Potassium: 890.62mg (25.45%), Manganese: 0.44mg (22.1%), Fiber: 3.39g (13.58%), Phosphorus: 133.04mg (13.3%), Magnesium: 50.57mg (12.64%), Vitamin B1: 0.18mg (12.3%), Copper: 0.24mg (12.22%), Vitamin B3: 2.12mg (10.61%), Iron: 1.82mg (10.08%), Folate: 35.03µg (8.76%), Vitamin B5: 0.71mg (7.14%), Calcium: 63.5mg (6.35%), Vitamin K: 6.07µg (5.78%), Vitamin B2: 0.1mg (5.72%), Zinc: 0.78mg (5.21%), Selenium: 2.04µg (2.92%), Vitamin A: 77.97IU (1.56%), Vitamin B12: 0.07µg (1.2%)