



Garlic Mashed Potatoes Secret

 Gluten Free

READY IN



60 min.

SERVINGS



100

CALORIES



478 kcal

SIDE DISH

Ingredients

- ☐ 8 pounds butter room temperature
- ☐ 3 cups garlic chopped
- ☐ 0.5 cup oregano dried
- ☐ 50 pounds potatoes red unpeeled quartered
- ☐ 3 pounds romano cheese grated
- ☐ 0.5 cup salt

Equipment

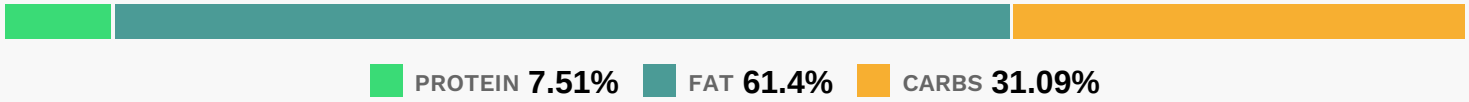
- ☐ pot

- ☐ hand mixer
- ☐ potato masher

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add potatoes and cook until tender but still firm, about 45 minutes; drain. Stir in butter, cheese, garlic, salt and oregano. Mash with a potato masher or with an electric mixer.

Nutrition Facts



Properties

Glycemic Index:1.12, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:13.389565257922%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 478.32kcal (23.92%), Fat: 33.44g (51.45%), Saturated Fat: 21.07g (131.67%), Carbohydrates: 38.09g (12.7%), Net Carbohydrates: 34.05g (12.38%), Sugar: 3.1g (3.44%), Cholesterol: 92.17mg (30.72%), Sodium: 1004.06mg (43.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.41%), Potassium: 1071.84mg (30.62%), Phosphorus: 257.07mg (25.71%), Vitamin C: 20.78mg (25.19%), Vitamin B6: 0.45mg (22.57%), Manganese: 0.4mg (20.21%), Vitamin A: 983.62IU (19.67%), Calcium: 187.74mg (18.77%), Fiber: 4.04g (16.17%), Copper: 0.32mg (16.11%), Magnesium: 57.88mg (14.47%), Vitamin B3: 2.67mg (13.36%), Vitamin B1: 0.2mg (13.28%), Folate: 43.56µg (10.89%), Iron: 1.93mg (10.72%), Vitamin K: 10.98µg (10.46%), Vitamin B2: 0.14mg (8.16%), Zinc: 1.19mg (7.92%), Vitamin B5: 0.76mg (7.57%), Vitamin E: 0.94mg (6.29%), Selenium: 4.06µg (5.8%), Vitamin B12: 0.21µg (3.57%)