



Garlic Mashed Potatoes with Basil and Feta



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons butter softened
- ☐ 2 ounces feta cheese crumbled
- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 2 garlic cloves halved
- ☐ 0.3 cup milk 1% low-fat
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds yukon gold potatoes peeled cut into eighths (3 medium)

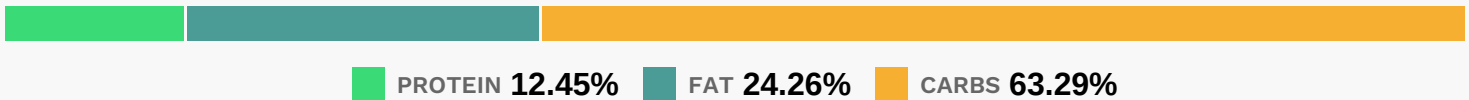
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Place potato and garlic in a 3-quart saucepan; add water to cover. Bring to a boil over high heat; partially cover, reduce heat, and simmer 14 minutes or until tender.
- ☐ Drain potato; return to pan.
- ☐ Add butter and remaining ingredients to pan. Mash with a potato masher. Cook, stirring constantly, over low heat just until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:73.19, Glycemic Load:22.06, Inflammation Score:-5, Nutrition Score:11.472173996594%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 197.7kcal (9.88%), Fat: 5.43g (8.36%), Saturated Fat: 3.33g (20.81%), Carbohydrates: 31.89g (10.63%), Net Carbohydrates: 28.07g (10.21%), Sugar: 2.32g (2.58%), Cholesterol: 18.97mg (6.32%), Sodium: 341.21mg (14.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.55%), Vitamin C: 34.16mg (41.4%), Vitamin B6: 0.59mg (29.71%), Potassium: 767.42mg (21.93%), Phosphorus: 168.63mg (16.86%), Manganese: 0.32mg (15.88%), Fiber: 3.82g (15.29%), Calcium: 120.8mg (12.08%), Vitamin B2: 0.21mg (12.06%), Vitamin B1: 0.17mg (11.51%), Magnesium: 45.46mg (11.36%), Copper: 0.2mg (9.93%), Vitamin B3: 1.98mg (9.89%), Iron: 1.49mg (8.28%), Folate: 32.97µg (8.24%), Vitamin K: 8.06µg (7.68%), Vitamin B5: 0.73mg (7.27%), Zinc: 1.02mg (6.77%), Vitamin B12: 0.36µg (6.06%), Selenium: 3.3µg (4.71%), Vitamin A: 217.81IU (4.36%), Vitamin D: 0.27µg (1.82%)