



Garlic Mashed Potatoes with Pepper-Cream Gravy

READY IN



45 min.

SERVINGS



5

CALORIES



201 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons flour all-purpose
- 2 tablespoons chives fresh chopped
- 6 garlic cloves peeled
- 0.8 cup milk 1% low-fat
- 1 cup milk 1% low-fat
- 2 pounds potatoes red cubed

- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1 tablespoon stick margarine

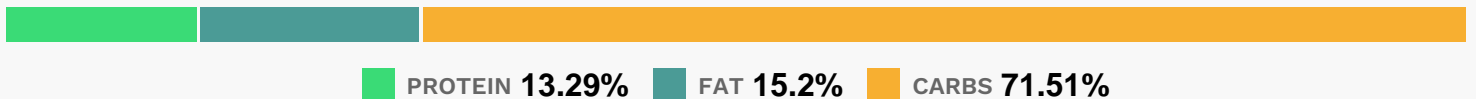
Equipment

- frying pan
- sauce pan
- whisk
- potato masher
- dutch oven

Directions

- To prepare potatoes, place potato and garlic in a Dutch oven; cover with water. Bring to a boil, and cook for 20 minutes or until very tender.
- Drain well; return to pan, and place over medium heat. Stir in 3/4 cup milk, 1 tablespoon butter, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Mash the potato mixture with a potato masher. Cook for 5 minutes or until thoroughly heated. Keep warm.
- To prepare gravy, melt 1 tablespoon butter in a saucepan over medium heat.
- Add flour, and cook for 1 minute, stirring constantly. Gradually add 1 cup milk, 1/2 teaspoon pepper, and 1/4 teaspoon salt; stir with a whisk. Bring to a boil; stir constantly. Reduce heat, and cook 5 minutes, stirring occasionally.
- Serve gravy with potatoes; sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:42.8, Glycemic Load:2.04, Inflammation Score:-5, Nutrition Score:11.800434804481%

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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 201.18kcal (10.06%), Fat: 3.49g (5.36%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 33.54g (12.2%), Sugar: 6.51g (7.23%), Cholesterol: 4.13mg (1.38%), Sodium: 442.35mg (19.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.71%), Potassium: 983.37mg (28.1%), Vitamin C: 17.43mg (21.13%), Phosphorus: 206.35mg (20.64%), Vitamin B6: 0.41mg (20.34%), Manganese: 0.38mg (19.13%), Vitamin B1: 0.23mg (15.09%), Fiber: 3.35g (13.39%), Calcium: 132.72mg (13.27%), Copper: 0.27mg (13.26%), Magnesium: 52.5mg (13.13%), Vitamin B3: 2.39mg (11.96%), Vitamin B2: 0.19mg (11.39%), Folate: 41.25µg (10.31%), Iron: 1.58mg (8.76%), Vitamin B5: 0.85mg (8.5%), Vitamin B12: 0.51µg (8.45%), Vitamin K: 8.46µg (8.06%), Zinc: 1.03mg (6.85%), Vitamin A: 334.58IU (6.69%), Vitamin D: 0.91µg (6.06%), Selenium: 4.2µg (5.99%)