



Garlic Mashed Potatoes With Rosemary

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



173 kcal

SIDE DISH

Ingredients

- 1 pound baking potatoes peeled coarsely chopped
- 0.5 cup half-and-half fat-free
- 1.5 teaspoons rosemary fresh chopped
- 4 garlic cloves minced
- 2 teaspoons olive oil divided
- 0.3 teaspoon pepper
- 0.8 teaspoon salt

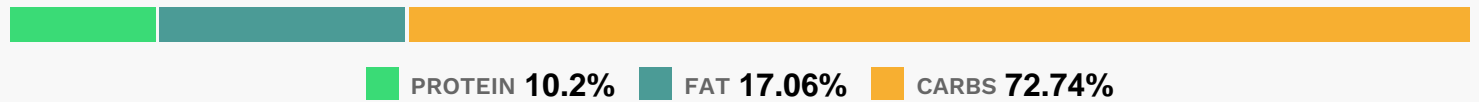
Equipment

- frying pan
- sauce pan
- potato masher

Directions

- Place potatoes in a large saucepan, and cover with cold water. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until tender.
- Drain; wipe pan dry.
- Heat 1 teaspoon oil in saucepan over medium- high heat until hot.
- Add garlic and rosemary; cook 3 minutes, stirring often.
- Add drained potatoes, 1 teaspoon oil, halfand- half, salt, and pepper to garlic mixture.
- Place over low heat, and mash with a potato masher.

Nutrition Facts



Properties

Glycemic Index:48.92, Glycemic Load:21.88, Inflammation Score:-3, Nutrition Score:8.5195652155773%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 172.67kcal (8.63%), Fat: 3.37g (5.18%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 32.3g (10.77%), Net Carbohydrates: 30.2g (10.98%), Sugar: 2.95g (3.27%), Cholesterol: 1.97mg (0.66%), Sodium: 629.04mg (27.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Vitamin B6: 0.6mg (29.81%), Potassium: 730.26mg (20.86%), Manganese: 0.33mg (16.41%), Phosphorus: 148.97mg (14.9%), Vitamin C: 10.15mg (12.31%), Magnesium: 42.41mg (10.6%), Vitamin B1: 0.15mg (10.28%), Copper: 0.18mg (8.84%), Vitamin B2: 0.15mg (8.7%), Fiber: 2.1g (8.4%), Vitamin B3: 1.64mg (8.22%), Iron: 1.41mg (7.82%), Vitamin B5: 0.66mg (6.62%), Calcium: 65.94mg (6.59%), Folate: 22.94µg (5.74%), Zinc: 0.81mg (5.38%), Vitamin K: 4.75µg (4.52%), Vitamin B12: 0.2µg (3.41%), Selenium: 2.32µg (3.32%), Vitamin E: 0.42mg (2.8%)