



Garlic Mashed Potatoes with Spinach



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



498 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 0.5 cup heavy whipping cream
- ☐ 4 cloves garlic finely chopped
- ☐ 4 large idaho potatoes diced peeled
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 4 servings salt and pepper
- ☐ 2 boxes pkt spinach chopped

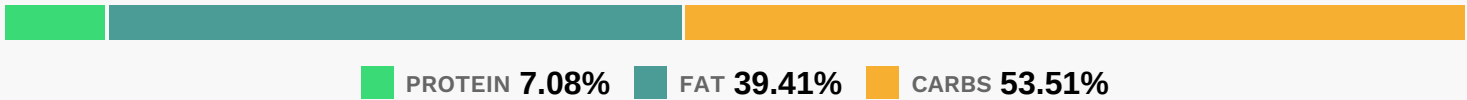
Equipment

- ☐ pot
- ☐ kitchen towels

Directions

- ☐ Place potatoes in a pot and cover with water. Salt water and boil potatoes until tender 12 to 15 minutes.
- ☐ Squeeze the water from spinach in a clean dish towel.
- ☐ Drain potatoes and melt butter in the hot pot, then add the garlic and cook 2 to 3 minutes. Stir in cream, add the spinach, separating the greens as you do. Season greens with salt, pepper and nutmeg.
- ☐ Add potatoes to the pot and mash to desired consistency.

Nutrition Facts



Properties

Glycemic Index:66.69, Glycemic Load:52.75, Inflammation Score:-7, Nutrition Score:17.649130468783%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 498.28kcal (24.91%), Fat: 22.45g (34.54%), Saturated Fat: 14.17g (88.56%), Carbohydrates: 68.6g (22.87%), Net Carbohydrates: 63.71g (23.17%), Sugar: 3.23g (3.59%), Cholesterol: 63.72mg (21.24%), Sodium: 311.22mg (13.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.15%), Vitamin B6: 1.32mg (66.11%), Potassium: 1585.65mg (45.3%), Manganese: 0.64mg (31.92%), Vitamin C: 22.29mg (27.02%), Phosphorus: 228.67mg (22.87%), Magnesium: 88.61mg (22.15%), Vitamin B1: 0.32mg (21.07%), Copper: 0.39mg (19.72%), Fiber: 4.9g (19.59%), Vitamin B3: 3.87mg (19.35%), Iron: 3.28mg (18.2%), Vitamin A: 838.16IU (16.76%), Folate: 54.42µg (13.61%), Vitamin B5: 1.22mg (12.2%), Vitamin B2: 0.19mg (10.99%), Vitamin K: 11.04µg (10.51%), Zinc: 1.19mg (7.96%), Calcium: 77.24mg (7.72%), Vitamin E: 0.65mg (4.32%), Selenium: 2.94µg (4.2%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.07µg (1.19%)