



Garlic Mashed Red Potatoes

 **Gluten Free**

READY IN



30 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

Ingredients

- 8 medium potatoes – remove skin red quartered
- 3 garlic clove peeled
- 2 tablespoons butter
- 0.5 cup skim milk fat-free warmed
- 0.5 teaspoon salt
- 0.3 cup parmesan cheese grated

Equipment

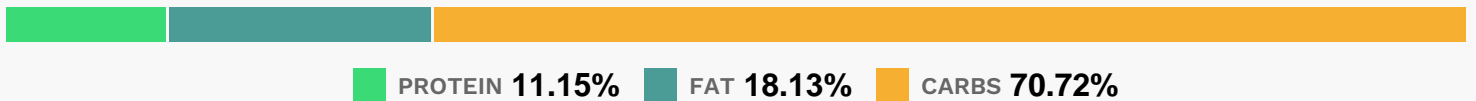
- food processor

- sauce pan
- pot
- blender
- potato masher

Directions

- Place the potatoes and garlic cloves in a large saucepan. Cover with water. Bring the mixture to a boil. Reduce the heat. Cover, and simmer for 15 to 20 minutes, until the potatoes are very tender. Editor's Tip: The potatoes will cook more evenly if they start in room-temperature water. If you drop them into already-boiling water, their outsides will cook before their centers, leaving you with a mushy mash.
- Drain the potatoes well. Editor's Tip: Return the potatoes to the hot pot after draining, then wait five minutes before you add the remaining ingredients. This gives the potatoes time to steam and release excess moisture, ensuring the mash will be thick and robust instead of thin and watery.
- Add the butter, milk and salt. Mash together. Editor's Tip: There are several ways to mash potatoes, but we recommend using a handheld potato masher for red potatoes. Avoid a blender or food processor, as electric-powered mixers can overmix the potatoes, making them gummy and gluey.
- Stir in the grated Parmesan cheese. Editor's Tip: To add visual appeal, top the mashed red potatoes with a pat of butter, chopped chives and/or freshly cracked black pepper.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:13.452608673469%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 258.98kcal (12.95%), Fat: 5.37g (8.27%), Saturated Fat: 3.16g (19.72%), Carbohydrates: 47.17g (15.72%), Net Carbohydrates: 42.31g (15.39%), Sugar: 4.72g (5.24%), Cholesterol: 14.27mg (4.76%), Sodium: 356.46mg (15.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.87%), Potassium: 1341.14mg (38.32%), Vitamin C: 24.89mg (30.17%), Vitamin B6: 0.52mg (25.84%), Phosphorus: 224.92mg (22.49%), Manganese: 0.43mg (21.51%), Fiber: 4.86g (19.44%), Copper: 0.39mg (19.36%), Magnesium: 66.86mg (16.72%), Vitamin B3: 3.3mg (16.51%), Vitamin B1: 0.25mg (16.39%), Folate: 51.96µg (12.99%), Iron: 2.12mg (11.78%), Calcium: 96.14mg (9.61%), Vitamin B5: 0.89mg (8.93%), Vitamin K: 8.66µg (8.25%), Zinc: 1.23mg (8.21%), Vitamin B2: 0.13mg (7.79%), Selenium: 3.55µg (5.07%), Vitamin A: 214.33IU (4.29%), Vitamin B12: 0.18µg (3.04%), Vitamin D: 0.25µg (1.64%), Vitamin E: 0.16mg (1.06%)