



Garlic Mashed Red Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon butter
- ☐ 3 tablespoons milk fat-free
- ☐ 1 garlic clove minced
- ☐ 0.5 pound potatoes red quartered
- ☐ 0.1 teaspoon salt

Equipment

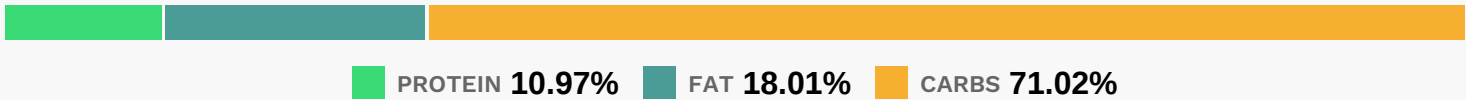
- ☐ bowl
- ☐ sauce pan

- ☐ potato masher
- ☐ microwave

Directions

- ☐ Place potatoes in a small saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 13 minutes or until tender.
- ☐ Drain.
- ☐ Combine butter and minced garlic in a medium microwave-safe bowl. Microwave at HIGH 30 seconds or until butter melts.
- ☐ Add potatoes, milk, and salt. Mash mixture with a potato masher or fork to desired consistency.

Nutrition Facts



Properties

Glycemic Index:113.25, Glycemic Load:1.01, Inflammation Score:-5, Nutrition Score:11.5399999979994%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 214.38kcal (10.72%), Fat: 4.42g (6.81%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 39.26g (13.09%), Net Carbohydrates: 35.34g (12.85%), Sugar: 5.23g (5.81%), Cholesterol: 12.1mg (4.03%), Sodium: 382.62mg (16.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.13%), Potassium: 1120.36mg (32.01%), Vitamin C: 20.44mg (24.78%), Vitamin B6: 0.45mg (22.45%), Phosphorus: 192.29mg (19.23%), Manganese: 0.37mg (18.6%), Copper: 0.31mg (15.7%), Fiber: 3.92g (15.67%), Vitamin B1: 0.22mg (14.34%), Magnesium: 56.15mg (14.04%), Vitamin B3: 2.68mg (13.41%), Folate: 41.96µg (10.49%), Iron: 1.71mg (9.5%), Calcium: 88.89mg (8.89%), Vitamin B5: 0.82mg (8.17%), Vitamin B2: 0.13mg (7.9%), Vitamin K: 6.98µg (6.65%), Zinc: 0.99mg (6.61%), Vitamin A: 232.9IU (4.66%), Vitamin B12: 0.27µg (4.49%), Selenium: 2.51µg (3.59%), Vitamin D: 0.5µg (3.3%)