



Garlic Parmesan Style Baked Mashed Potatoes



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



324 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 cups tomatoes
- ☐ 1 cup milk warmed
- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 medium russet potatoes cubed peeled
- ☐ 1.5 cups mozzarella cheese shredded

☐ 4 tablespoons butter unsalted

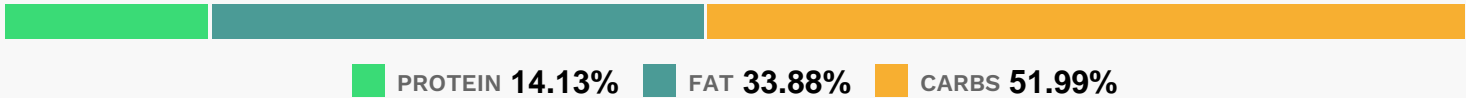
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ hand mixer
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350 degrees F. and lightly spray 9×13 inch baking dish with cooking spray.Boil cubed potatoes for 10–15 minutes until fork tender.
- ☐ Drain and transfer to a large mixing bowl. Using a hand mixer or stand mixer beat potatoes on low until they come together.
- ☐ Add salt, garlic salt, pepper and milk until potatoes and nice and whipped. Only beat until combined.
- ☐ Transfer mashed potatoes to prepared baking dish spreading evenly. Top with parmesan cheese, pasta sauce then shredded cheese.
- ☐ Bake for 25–30 minutes until cheese is melted.
- ☐ Serve as a side to your main dish.

Nutrition Facts



Properties

Glycemic Index:28.34, Glycemic Load:31.74, Inflammation Score:–6, Nutrition Score:14.471739105556%

Nutrients (% of daily need)

Calories: 324.26kcal (16.21%), Fat: 12.53g (19.28%), Saturated Fat: 7.49g (46.78%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 39.79g (14.47%), Sugar: 4.65g (5.16%), Cholesterol: 38.02mg (12.67%), Sodium: 863.16mg (37.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.76g (23.53%), Vitamin B6: 0.81mg (40.47%), Potassium: 1095.54mg (31.3%), Phosphorus: 256.39mg (25.64%), Calcium: 207.82mg (20.78%), Manganese:

0.41mg (20.55%), Vitamin C: 15.36mg (18.61%), Magnesium: 65.2mg (16.3%), Vitamin B1: 0.21mg (14.03%), Fiber: 3.49g (13.96%), Copper: 0.28mg (13.96%), Vitamin B3: 2.72mg (13.6%), Iron: 2.4mg (13.31%), Vitamin B2: 0.22mg (12.65%), Vitamin A: 595.05IU (11.9%), Vitamin B12: 0.7µg (11.63%), Zinc: 1.6mg (10.67%), Vitamin B5: 0.95mg (9.46%), Selenium: 6.45µg (9.21%), Folate: 35.84µg (8.96%), Vitamin K: 6.44µg (6.14%), Vitamin E: 0.92mg (6.12%), Vitamin D: 0.54µg (3.6%)