

## Garlic Potatoes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



93 kcal

SIDE DISH

### Ingredients

- 1 tablespoon parsley fresh chopped
- 1 clove garlic halved lengthwise
- 0.5 cup milk
- 1.5 pounds potatoes - remove skin red cut into large chunks
- 1 teaspoon salt

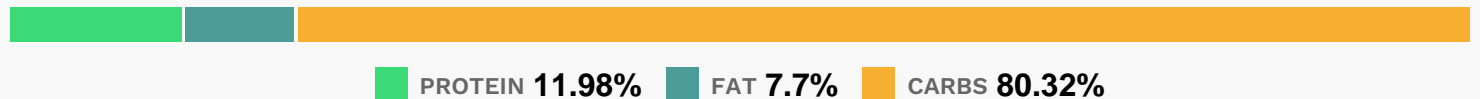
### Equipment

- pot

## Directions

- Place the potatoes and garlic into a large pot, and just cover with salted water. Bring to a boil; reduce heat to low, and cover. Simmer until very tender, about 20 minutes.
- Drain. Allow to steam dry for a minute or two.
- Return the potatoes to the pot.
- Pour in milk, and season with salt; mash until smooth. Stir in the parsley.

## Nutrition Facts



## Properties

Glycemic Index:16.67, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:6.0369565305503%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 92.56kcal (4.63%), Fat: 0.82g (1.26%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 17.23g (6.26%), Sugar: 2.45g (2.72%), Cholesterol: 2.44mg (0.81%), Sodium: 416.18mg (18.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Potassium: 552.24mg (15.78%), Vitamin K: 14.29µg (13.61%), Vitamin C: 10.79mg (13.08%), Vitamin B6: 0.21mg (10.6%), Phosphorus: 90.86mg (9.09%), Manganese: 0.17mg (8.56%), Fiber: 1.96g (7.84%), Copper: 0.15mg (7.75%), Vitamin B1: 0.1mg (6.99%), Magnesium: 27.86mg (6.96%), Vitamin B3: 1.34mg (6.68%), Folate: 21.44µg (5.36%), Iron: 0.88mg (4.89%), Vitamin B5: 0.4mg (3.98%), Calcium: 38.41mg (3.84%), Vitamin B2: 0.06mg (3.79%), Zinc: 0.47mg (3.14%), Vitamin A: 97.08IU (1.94%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%), Selenium: 1.03µg (1.47%)