



Garlic Rosemary Mashed Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



172 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 1 tablespoon rosemary leaves fresh chopped
- 4 cloves garlic
- 6 servings pepper black to taste
- 0.5 cup nestle® carnation® evaporated lowfat milk
- 0.3 cup parmesan cheese freshly grated
- 2 pounds potatoes

Equipment

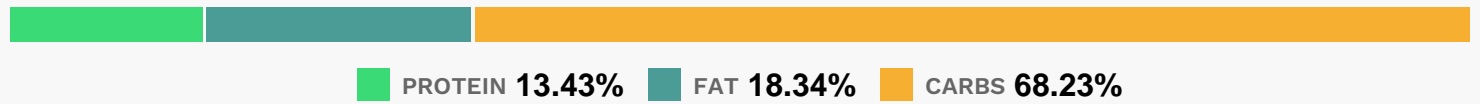
sauce pan

blender

Directions

- PLACE potatoes and garlic in large saucepan. Cover with water; bring to a boil. Cook over medium-high heat for 15 to 20 minutes or until potatoes are tender; drain.
- RETURN potatoes and garlic to saucepan. Beat with hand-held mixer until combined.
- Add cheese, butter and rosemary; beat until smooth. Gradually beat in evaporated milk until fluffy. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:24.29, Glycemic Load:19.53, Inflammation Score:-4, Nutrition Score:8.5752174394286%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 172.11kcal (8.61%), Fat: 3.57g (5.49%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 26.44g (9.61%), Sugar: 3.34g (3.71%), Cholesterol: 7.25mg (2.42%), Sodium: 129.4mg (5.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.76%), Vitamin C: 30.49mg (36.95%), Vitamin B6: 0.48mg (23.79%), Potassium: 656.76mg (18.76%), Manganese: 0.28mg (14.21%), Fiber: 3.44g (13.76%), Phosphorus: 116.57mg (11.66%), Magnesium: 37.28mg (9.32%), Copper: 0.17mg (8.66%), Vitamin B1: 0.13mg (8.44%), Vitamin B3: 1.62mg (8.08%), Iron: 1.26mg (7.02%), Calcium: 66.56mg (6.66%), Folate: 24.91µg (6.23%), Vitamin B5: 0.48mg (4.79%), Zinc: 0.65mg (4.31%), Vitamin B2: 0.07mg (3.91%), Selenium: 2.2µg (3.14%), Vitamin K: 3.14µg (2.99%), Vitamin A: 134.5IU (2.69%)