



## Garlic Smashed Potatoes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



40 kcal

SIDE DISH

### Ingredients

- 8 oz philadelphia roasted garlic cream cheese spread light
- 0.3 cup milk
- 4 medium potatoes red unpeeled cut into 1-inch chunks

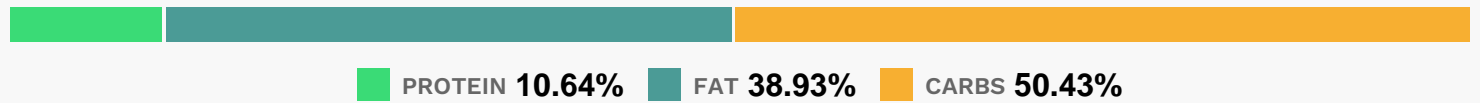
### Equipment

- sauce pan
- potato masher

## Directions

- Cook potatoes in boiling water in large saucepan 15 to 20 minutes or until tender.
- Drain.
- Mash potatoes with back of spoon or potato masher.
- Add cream cheese and milk; mix until well blended, leaving some potato pieces in chunks.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:1.27, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.3443478267316%

## Flavonoids

Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 39.85kcal (1.99%), Fat: 1.74g (2.68%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 4.6g (1.67%), Sugar: 0.7g (0.78%), Cholesterol: 4.93mg (1.64%), Sodium: 40.96mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Potassium: 132.27mg (3.78%), Vitamin C: 2.44mg (2.96%), Vitamin B6: 0.05mg (2.48%), Manganese: 0.04mg (2.01%), Phosphorus: 19.38mg (1.94%), Fiber: 0.48g (1.93%), Copper: 0.04mg (1.9%), Vitamin B3: 0.33mg (1.64%), Magnesium: 6.49mg (1.62%), Vitamin B1: 0.02mg (1.61%), Vitamin A: 77.1IU (1.54%), Calcium: 14.41mg (1.44%), Folate: 5.11µg (1.28%), Iron: 0.21mg (1.15%)