



HEALTH SCORE

69%

Garlic Smashed Potatoes



Vegetarian



Gluten Free



Very Healthy

READY IN



83 min.

SERVINGS



2

CALORIES



543 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baking potatoes
- ☐ 1 fennel bulb
- ☐ 2 tablespoons vegetable oil
- ☐ 1 teaspoon oregano dried fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup milk
- ☐ 0.3 cup chives fresh chopped

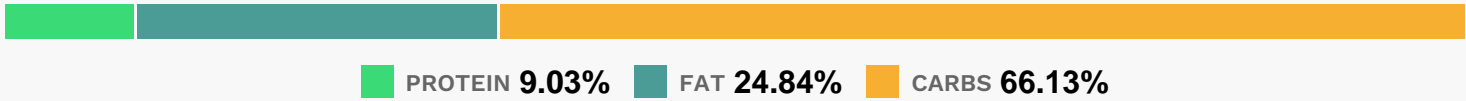
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375°F. Pierce potatoes with fork to allow steam to escape.
- ☐ Cut 1/4-inch slices from top of garlic bulb to expose cloves. Carefully remove most of the paperlike skin, leaving bulb intact and cloves unpeeled. Wrap garlic in aluminum foil.
- ☐ Bake potatoes and garlic about 1 hour or until potatoes are tender.
- ☐ Heat oil and oregano over medium heat 2 to 3 minutes or until oregano is fragrant; remove from heat.
- ☐ Open garlic packet to cool.
- ☐ Cut potatoes in half; carefully spoon potatoes into large bowl. Save skins for another use or discard. Separate garlic cloves and press the cloves slightly to squeeze garlic out into potatoes; discard skin.
- ☐ Add oil mixture and salt to potatoes.
- ☐ Mash potatoes until no lumps remain. Beat in milk in small amounts (amount of milk needed to make potatoes smooth and fluffy depends on kind of potatoes). Beat vigorously until potatoes are light and fluffy. Stir in chives.

Nutrition Facts



Properties

Glycemic Index:108.88, Glycemic Load:67.46, Inflammation Score:-9, Nutrition Score:30.476956564447%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 543.38kcal (27.17%), Fat: 15.58g (23.97%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 93.31g (31.1%), Net Carbohydrates: 83.24g (30.27%), Sugar: 9.5g (10.56%), Cholesterol: 4.88mg (1.63%), Sodium: 680.74mg (29.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.49%), Vitamin K: 123.64µg (117.75%), Vitamin B6: 1.66mg (83.1%), Potassium: 2464.38mg (70.41%), Vitamin C: 42.82mg (51.91%), Manganese: 1.01mg (50.36%), Fiber: 10.07g (40.29%), Phosphorus: 353.43mg (35.34%), Magnesium: 133.91mg (33.48%), Iron: 5.21mg (28.95%), Copper: 0.56mg (27.97%), Vitamin B3: 5.56mg (27.82%), Vitamin B1: 0.41mg (27.47%), Folate: 102.71µg (25.68%), Calcium: 187.25mg (18.72%), Vitamin B5: 1.81mg (18.14%), Vitamin B2: 0.25mg (14.96%), Vitamin E: 2.05mg (13.67%), Zinc: 1.77mg (11.82%), Vitamin A: 461.86IU (9.24%), Selenium: 3.5µg (5%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.45µg (2.98%)