



## Garlicky Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



27 kcal

SIDE DISH

### Ingredients

- 0.8 tsp garlic powder
- 0.3 tsp ground pepper black
- 0.5 cup milk
- 0.5 cup miracle whip dressing light
- 2 lb potatoes red quartered ( 6)

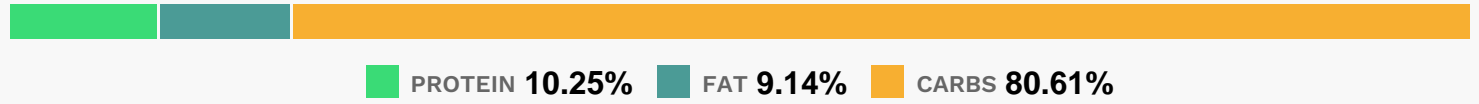
### Equipment

- sauce pan

## Directions

- Cook potatoes in large saucepan of boiling water 15 min. or until potatoes are tender.
- Drain potatoes; return to saucepan.
- Add remaining ingredients; mash until light and fluffy.

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.4304347682906%

## Flavonoids

Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 27.48kcal (1.37%), Fat: 0.29g (0.44%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 5.12g (1.86%), Sugar: 1.03g (1.14%), Cholesterol: 0.87mg (0.29%), Sodium: 40.53mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Potassium: 146.92mg (4.2%), Vitamin C: 2.6mg (3.15%), Vitamin B6: 0.06mg (2.76%), Fiber: 0.61g (2.42%), Phosphorus: 23.11mg (2.31%), Manganese: 0.05mg (2.28%), Copper: 0.04mg (2.06%), Vitamin B1: 0.03mg (1.81%), Magnesium: 7.23mg (1.81%), Vitamin B3: 0.35mg (1.76%), Folate: 5.48µg (1.37%), Iron: 0.23mg (1.29%)