



Grandmother's Garlic Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



242 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 1 cup garlic cloves peeled
- 5 pounds russet potatoes
- 12 servings salt and pepper white
- 0.8 cup whipping cream

Equipment

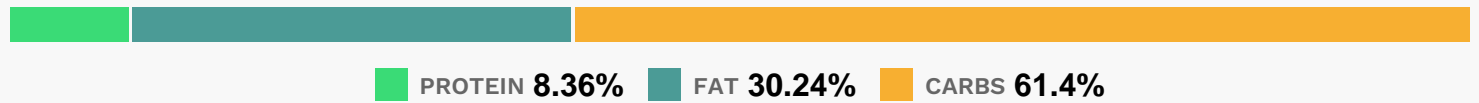
- food processor
- frying pan

- blender
- potato masher

Directions

- Peel potatoes and cut into quarters.
- Place potatoes in a 5- to 6-quart pan and add enough water to cover. Cover pan and bring to a boil over high heat, then simmer until potatoes are tender when pierced, 15 to 20 minutes.
- Meanwhile, in a 1- to 1 1/2-quart pan over low heat, combine garlic, cream, and butter. Cover and stir occasionally until garlic is tender when pierced, about 10 minutes.
- In a blender or food processor, pure garlic mixture.
- Drain potatoes, return to pan, and add garlic pure. Mash with a potato masher or mixer until smooth.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:9.56, Glycemic Load:27.92, Inflammation Score:-5, Nutrition Score:10.196086975543%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 241.93kcal (12.1%), Fat: 8.4g (12.92%), Saturated Fat: 4.07g (25.41%), Carbohydrates: 38.36g (12.79%), Net Carbohydrates: 35.66g (12.97%), Sugar: 1.72g (1.91%), Cholesterol: 16.81mg (5.6%), Sodium: 242.19mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Vitamin B6: 0.8mg (39.9%), Manganese: 0.49mg (24.34%), Potassium: 849.2mg (24.26%), Vitamin C: 14.41mg (17.46%), Phosphorus: 130.72mg (13.07%), Vitamin B1: 0.18mg (12.06%), Magnesium: 47.45mg (11.86%), Copper: 0.23mg (11.52%), Fiber: 2.69g (10.78%), Vitamin B3: 2.05mg (10.23%), Iron: 1.83mg (10.19%), Vitamin A: 346.77IU (6.94%), Folate: 27.43µg (6.86%), Vitamin B5: 0.68mg (6.77%), Vitamin B2: 0.1mg (6.12%), Calcium: 56.07mg (5.61%), Zinc: 0.72mg (4.77%), Selenium: 2.81µg (4.02%), Vitamin K: 4.07µg (3.88%), Vitamin E: 0.27mg (1.82%), Vitamin D: 0.24µg (1.59%)