



Herbed Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



268 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter softened
- ☐ 0.3 cup herbs fresh such as parsley, chives, or tarragon chopped
- ☐ 10 cloves garlic peeled
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 cup milk at room temperature
- ☐ 8 medium russet potatoes peeled cut into 1 1/2-inch chunks (or baking)

Equipment

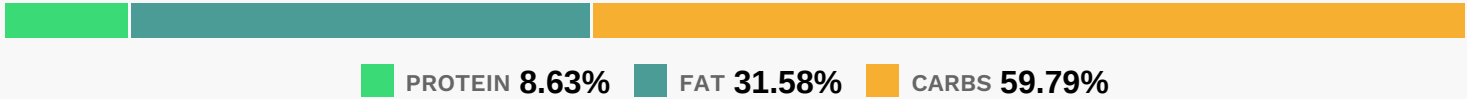
- ☐ sauce pan

- ☐ hand mixer
- ☐ potato masher

Directions

- ☐ To make it...
- ☐ Place the potatoes in a large saucepan with the garlic and enough lightly salted water to cover. (Can be done to this point up to 4 hours ahead. Cover and refrigerate.)
- ☐ Place over high heat and bring to a boil. Reduce heat to low, cover, and simmer 15 to 20 minutes or until fork-tender.
- ☐ Drain. Beat with an electric mixer or mash with a potato masher until smooth.
- ☐ Add the butter. Gradually add the milk until the potatoes are fluffy. Blend in the salt and herbs.
- ☐ To fake it...and save 30 minutes
- ☐ Heat two 20-ounce packages red mashed potatoes according the label directions. Beat in one 2-ounce package Boursin or another garlic herb cheese.

Nutrition Facts



Properties

Glycemic Index:29.34, Glycemic Load:31.19, Inflammation Score:-6, Nutrition Score:12.988695704419%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 268.34kcal (13.42%), Fat: 9.7g (14.92%), Saturated Fat: 6.03g (37.66%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 38.39g (13.96%), Sugar: 2.85g (3.17%), Cholesterol: 26.24mg (8.74%), Sodium: 527.82mg (22.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Vitamin K: 45.72µg (43.55%), Vitamin B6: 0.8mg (40.13%), Potassium: 965.46mg (27.58%), Manganese: 0.4mg (20.17%), Vitamin C: 16.64mg (20.16%), Phosphorus: 157.66mg (15.77%), Magnesium: 55.06mg (13.76%), Vitamin B1: 0.2mg (13.46%), Copper: 0.23mg

(11.75%), Fiber: 2.93g (11.72%), Vitamin B3: 2.3mg (11.5%), Iron: 2.06mg (11.42%), Vitamin A: 524.87IU (10.5%), Folate: 34.05µg (8.51%), Vitamin B5: 0.8mg (7.99%), Calcium: 78.23mg (7.82%), Vitamin B2: 0.12mg (7.21%), Zinc: 0.82mg (5.49%), Vitamin B12: 0.18µg (3.04%), Selenium: 2.07µg (2.96%), Vitamin D: 0.34µg (2.24%), Vitamin E: 0.3mg (2.01%)