



Johnny Garlic's Famous Garlic and Rosemary Mashed Potatoes



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup chives
- ☐ 4 tablespoons garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 5 pounds potatoes washed and cut in 2 to 3-inch pieces
- ☐ 2 teaspoons freshly rosemary leaves minced
- ☐ 2 teaspoons salt
- ☐ 0.5 cup skim milk

☐ 1 teaspoons pepper white

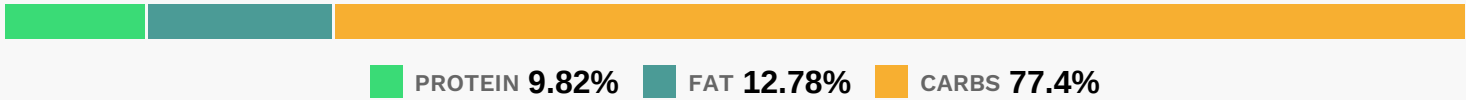
Equipment

- ☐ pot
- ☐ potato masher

Directions

- ☐ Watch how to make this recipe.
- ☐ Add cut potatoes into a large pot and cover by about 1-inch with cold water.
- ☐ Place over medium heat and simmer (do not boil) potatoes for 15 minutes or until fork tender.
- ☐ Strain potatoes from pot, and set aside. In same pot add oil, garlic and rosemary. Lightly saute over medium heat. When slightly brown add potatoes back to the pot, and mix with garlic and rosemary.
- ☐ Remove from heat, add milk, salt and pepper, and mash with potato masher.
- ☐ Garnish with chives.

Nutrition Facts



Properties

Glycemic Index:26.2, Glycemic Load:29.51, Inflammation Score:-5, Nutrition Score:12.506086888521%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 209.28kcal (10.46%), Fat: 3.04g (4.68%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 41.47g (13.82%), Net Carbohydrates: 36.33g (13.21%), Sugar: 2.44g (2.71%), Cholesterol: 0.37mg (0.12%), Sodium: 484.38mg (21.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Vitamin C: 46.31mg (56.14%), Vitamin B6: 0.72mg (35.89%), Potassium: 991.52mg (28.33%), Manganese: 0.41mg (20.74%), Fiber: 5.14g (20.57%), Phosphorus: 148.22mg (14.82%), Magnesium: 55.09mg (13.77%), Vitamin B1: 0.2mg (13.04%), Copper: 0.26mg (12.93%), Vitamin B3: 2.43mg (12.17%), Iron: 1.89mg (10.52%), Folate: 37.76µg (9.44%), Vitamin K: 8.18µg (7.79%),

Vitamin B5: 0.74mg (7.37%), Vitamin B2: 0.09mg (5.51%), Calcium: 51.2mg (5.12%), Zinc: 0.76mg (5.06%), Vitamin E: 0.43mg (2.87%), Selenium: 1.4µg (2%), Vitamin A: 73.97IU (1.48%), Vitamin B12: 0.07µg (1.18%)