



Leek and Garlic Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 3 lb potatoes peeled cut into pieces (8 medium)
- ☐ 2 cups leek with some of green top (1 medium) sliced
- ☐ 4 cloves garlic peeled
- ☐ 0.8 teaspoon salt
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 0.3 cup whipping cream (heavy)
- ☐ 1 tablespoon butter
- ☐ 1 serving whipping cream (heavy)

☐ 1 tablespoon chives fresh chopped

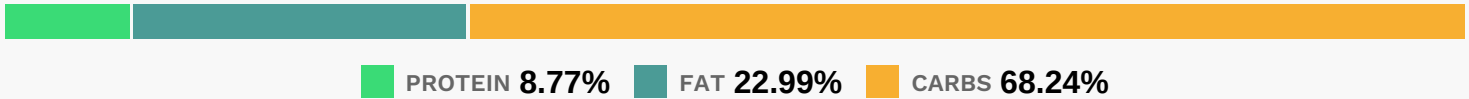
Equipment

- ☐ sauce pan
- ☐ hand mixer
- ☐ potato masher

Directions

- ☐ In 3-quart saucepan, place potatoes, leek, garlic, salt and broth. Cover and heat to boiling; reduce heat. Simmer covered 20 to 25 minutes or until tender (do not drain). Mash potato mixture with potato masher or electric mixer on low speed.
- ☐ In 1-quart saucepan, heat 1/4 cup whipping cream and the butter over medium heat, stirring occasionally, until butter is melted.
- ☐ Add cream mixture to potato mixture; continue mashing until potatoes are light and fluffy.
- ☐ Add additional heated whipping cream for desired consistency. Stir in chives.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:18.22, Inflammation Score:-5, Nutrition Score:9.0495652893315%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 154.32kcal (7.72%), Fat: 4.05g (6.23%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 23.69g (8.62%), Sugar: 2.09g (2.32%), Cholesterol: 8.89mg (2.96%), Sodium: 288.75mg (12.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Vitamin C: 29.54mg (35.81%), Vitamin B6: 0.46mg (23.05%), Potassium: 622.56mg (17.79%), Manganese: 0.33mg (16.32%), Fiber: 3.35g (13.39%), Vitamin K: 11.85µg (11.29%), Vitamin A: 472.68IU (9.45%), Magnesium: 37.51mg (9.38%), Phosphorus: 91.39mg (9.14%), Copper: 0.18mg (8.84%), Vitamin B1: 0.13mg (8.58%), Folate: 33.83µg (8.46%), Iron: 1.49mg (8.25%), Vitamin B3: 1.57mg

(7.86%), Vitamin B2: 0.08mg (4.64%), Vitamin B5: 0.46mg (4.58%), Calcium: 35.66mg (3.57%), Zinc: 0.47mg (3.11%), Vitamin E: 0.3mg (2%), Selenium: 1.08µg (1.54%)