

Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp garlic powder
- ☐ 2 brown potatoes whole
- ☐ 0.3 cup plant-based milk
- ☐ 1 tbsp onion flakes

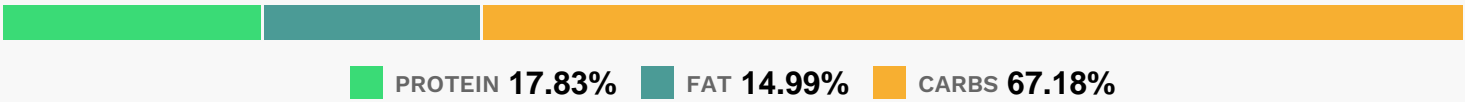
Equipment

- ☐ pot
- ☐ hand mixer

Directions

- ☐ Bring a large pot of water to a boil. Meanwhile, cut potatoes into 1-inch cubes, leaving the skin on for added nutrients (optional).
 - ☐ Add potatoes to the boiling water, cover and cook until fork tender, about 3 minutes.
 - ☐ Drain potatoes and return to the pot.
 - ☐ Add non-dairy milk, garlic powder and onion flakes. Using an electric mixer, whip the potatoes until fluffy.
 - ☐ Add additional non-dairy milk as necessary to achieve the right texture. Taste, adding more garlic, onion plus salt and pepper as desired.
- Nutritional Information
- ☐ Amount Per Serving
 - ☐ Calories
 - ☐ Fat
 - ☐ 30g
 - ☐ Carbohydrate
 - ☐ 20gDietary Fiber6.20gSugars7gProtein6.20g

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.9, Inflammation Score:-2, Nutrition Score:3.5226086954708%

Nutrients (% of daily need)

Calories: 59.95kcal (3%), Fat: 1.06g (1.64%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 9.62g (3.5%), Sugar: 2.64g (2.93%), Cholesterol: 3.66mg (1.22%), Sodium: 18.16mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin B6: 0.22mg (11%), Phosphorus: 79.01mg (7.9%), Manganese: 0.13mg (6.62%), Potassium: 204.87mg (5.85%), Calcium: 51.7mg (5.17%), Vitamin B1: 0.07mg (4.85%), Fiber: 1.12g (4.47%), Selenium: 3.03µg (4.32%), Vitamin B2: 0.06mg (3.44%), Magnesium: 13.54mg (3.38%), Iron: 0.6mg (3.31%), Copper: 0.06mg (3.17%), Zinc: 0.46mg (3.1%), Vitamin B12: 0.16µg (2.74%), Vitamin C: 2.07mg (2.51%), Vitamin D: 0.34µg (2.24%), Vitamin B5: 0.22mg (2.24%), Folate: 8.75µg (2.19%)