



Mashed Potatoes with Roasted Garlic and Rosemary

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon rosemary dried chopped
- ☐ 2 tablespoons yogurt plain fat-free
- ☐ 2 garlic heads whole
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds yukon gold potatoes cubed peeled

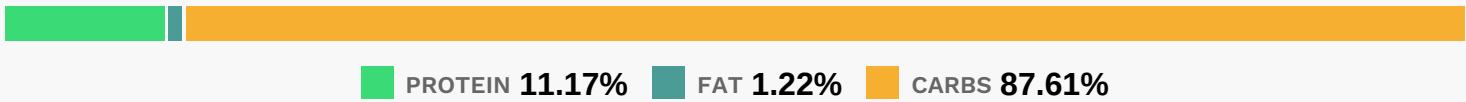
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ potato masher
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Preheat oven to 350
- ☐ Remove white papery skin from garlic heads (do not peel or separate the cloves). Wrap each head separately in foil.
- ☐ Bake at 350 for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Place potato and onion in a saucepan; cover with water, and bring to a boil. Cover, reduce heat, and simmer 15 minutes or until potato is tender.
- ☐ Drain in a colander over a bowl, reserving 1/4 cup cooking liquid.
- ☐ Combine garlic, potato mixture, 1/4 cup cooking liquid, and remaining ingredients; mash with a potato masher.

Nutrition Facts



Properties

Glycemic Index:30.34, Glycemic Load:14.99, Inflammation Score:-3, Nutrition Score:6.4452173787615%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 99.43kcal (4.97%), Fat: 0.14g (0.21%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 22.36g (7.45%), Net Carbohydrates: 19.49g (7.09%), Sugar: 2.12g (2.36%), Cholesterol: 0.1mg (0.03%), Sodium: 156.94mg (6.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin C: 24.11mg (29.22%), Vitamin B6: 0.37mg (18.54%), Potassium: 523.34mg (14.95%), Fiber: 2.87g (11.49%), Manganese: 0.22mg (11.03%), Phosphorus: 79.54mg (7.95%), Magnesium: 29.36mg (7.34%), Vitamin B1: 0.1mg (6.93%), Copper: 0.13mg (6.71%), Vitamin B3: 1.23mg (6.15%), Folate: 22.62µg (5.65%), Iron: 0.95mg (5.3%), Vitamin B5: 0.4mg (3.98%), Vitamin B2: 0.05mg (3.2%), Calcium: 30.04mg (3%), Zinc: 0.42mg (2.81%), Vitamin K: 2.36µg (2.25%), Selenium: 0.73µg (1.04%)