



Mashed Potatoes with Roasted Garlic Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup buttermilk
- ☐ 0.3 cup fat-skimmed beef broth fat-free
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons rosemary leaves fresh finely chopped
- ☐ 2 garlic clove whole
- ☐ 1 teaspoon salt

- ☐ 1 tablespoon shallots finely chopped
- ☐ 2.5 pounds potatoes – remove skin red cubed

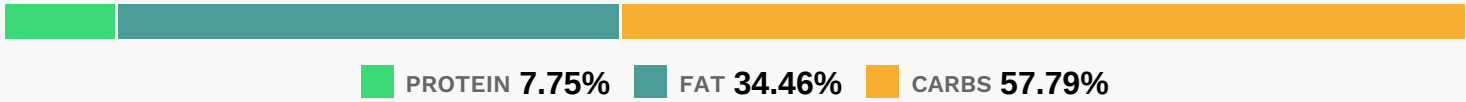
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ To prepare garlic butter, remove white papery skin from garlic heads (do not peel or separate the cloves). Wrap each head separately in foil.
- ☐ Bake at 350 for 45 minutes; cool 10 minutes.
- ☐ Separate cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Combine garlic pulp, butter, shallots, and rosemary.
- ☐ To prepare potatoes, place potato in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- ☐ Drain and return potato to pan.
- ☐ Add broth and buttermilk; mash to desired consistency. Cook 2 minutes or until thoroughly heated, stirring constantly. Stir in garlic butter, parsley, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:7.6139130592346%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 157.84kcal (7.89%), Fat: 6.23g (9.59%), Saturated Fat: 3.84g (24.02%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 20.99g (7.63%), Sugar: 2.33g (2.59%), Cholesterol: 16.08mg (5.36%), Sodium: 409.24mg (17.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.31%), Vitamin K: 21.26µg (20.24%), Potassium: 674.23mg (19.26%), Vitamin C: 13.86mg (16.8%), Vitamin B6: 0.26mg (13.01%), Manganese: 0.24mg (11.8%), Fiber: 2.53g (10.13%), Copper: 0.2mg (10.02%), Phosphorus: 98.28mg (9.83%), Vitamin B3: 1.71mg (8.57%), Magnesium: 33.36mg (8.34%), Vitamin B1: 0.12mg (8.17%), Folate: 28.21µg (7.05%), Iron: 1.16mg (6.43%), Vitamin A: 285.34IU (5.71%), Vitamin B5: 0.46mg (4.57%), Vitamin B2: 0.06mg (3.74%), Zinc: 0.53mg (3.54%), Calcium: 28.89mg (2.89%), Selenium: 1.39µg (1.99%), Vitamin E: 0.19mg (1.29%), Vitamin B12: 0.07µg (1.09%)