



Onion-Garlic Mashed Potatoes



Vegetarian



Gluten Free

READY IN



14 min.

SERVINGS



2

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1 teaspoon butter light
- ☐ 0.7 cup milk 1% low-fat
- ☐ 1.3 cups potatoes frozen mashed
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 teaspoon salt

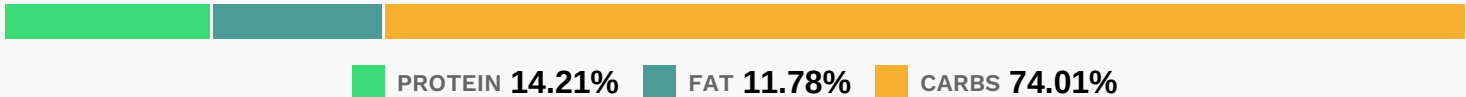
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Coat a small saucepan with cooking spray; place over medium heat until hot.
- ☐ Add onions and garlic; saut 3 minutes.
- ☐ Add milk to pan; cook until thoroughly heated. Stir in potatoes, and cook, stirring constantly, 3 minutes or until creamy. Stir in butter, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:102.38, Glycemic Load:18.82, Inflammation Score:-6, Nutrition Score:12.511304171189%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 171.02kcal (8.55%), Fat: 2.3g (3.54%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 28.61g (10.4%), Sugar: 6.16g (6.85%), Cholesterol: 6.55mg (2.18%), Sodium: 334.01mg (14.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.47%), Vitamin C: 32.35mg (39.21%), Vitamin K: 29.27µg (27.88%), Vitamin B6: 0.53mg (26.5%), Potassium: 795.34mg (22.72%), Phosphorus: 177.07mg (17.71%), Manganese: 0.35mg (17.26%), Fiber: 3.87g (15.48%), Calcium: 137.42mg (13.74%), Vitamin B1: 0.18mg (11.96%), Magnesium: 47.45mg (11.86%), Vitamin B2: 0.18mg (10.34%), Copper: 0.18mg (9.13%), Folate: 35.93µg (8.98%), Vitamin B3: 1.68mg (8.39%), Vitamin B12: 0.48µg (8.05%), Iron: 1.42mg (7.91%), Vitamin B5: 0.75mg (7.54%), Vitamin A: 325.5IU (6.51%), Vitamin D: 0.89µg (5.93%), Zinc: 0.87mg (5.81%), Selenium: 2.71µg (3.87%)