



Perfect Mashed Potatoes



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



265 kcal

SIDE DISH

Ingredients

- ☐ 8 garlic clove peeled
- ☐ 5 tablespoons butter unsalted cut into 1-inch pieces
- ☐ 1.3 cups milk whole
- ☐ 4 pounds yukon gold potatoes peeled cut into 3-inch pieces

Equipment

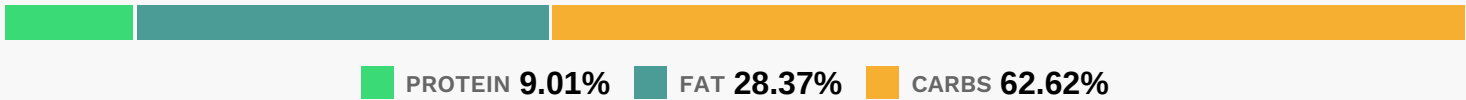
- ☐ bowl
- ☐ pot
- ☐ microwave

☐ potato ricer

Directions

- ☐ Bring large pot of salted water to boil.
- ☐ Addpotatoes and garlic; reduce heat to mediumand simmer with lid slightly ajar untiltender, 20 to 25 minutes.
- ☐ Drain potatoes;return to pot. Toss potatoes and garlic overhigh heat until moisture evaporates, about2 minutes.
- ☐ Heat milk with butter in smallsaucepan over medium heat until butteris melted; set aside. Using potato ricer,press potatoes and garlic into large bowl.
- ☐ Add milk mixture; stir to blend. Seasonto taste with salt and pepper. DO AHEAD: Can be made 2 hours ahead.
- ☐ Transfer tomicrowave–safe bowl; let stand at roomtemperature. Reheat in microwave in1–minute intervals until heated through,stirring occasionally, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:18.97, Glycemic Load:29.96, Inflammation Score:-5, Nutrition Score:13.204782688099%

Flavonoids

Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 264.72kcal (13.24%), Fat: 8.54g (13.13%), Saturated Fat: 5.27g (32.91%), Carbohydrates: 42.4g (14.13%), Net Carbohydrates: 37.35g (13.58%), Sugar: 3.64g (4.04%), Cholesterol: 23.39mg (7.8%), Sodium: 29.57mg (1.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.19%), Vitamin C: 45.61mg (55.29%), Vitamin B6: 0.73mg (36.49%), Potassium: 1026.13mg (29.32%), Fiber: 5.05g (20.21%), Manganese: 0.4mg (19.95%), Phosphorus: 174.47mg (17.45%), Magnesium: 57.66mg (14.42%), Vitamin B1: 0.21mg (13.95%), Copper: 0.26mg (12.78%), Vitamin B3: 2.46mg (12.28%), Iron: 1.82mg (10.12%), Folate: 36.64µg (9.16%), Vitamin B5: 0.84mg (8.41%), Calcium: 81.64mg (8.16%), Vitamin B2: 0.13mg (7.73%), Zinc: 0.86mg (5.71%), Vitamin A: 285.23IU (5.7%), Vitamin K: 5.09µg (4.84%), Vitamin B12: 0.22µg (3.68%), Vitamin D: 0.55µg (3.67%), Selenium: 1.92µg (2.74%), Vitamin E: 0.25mg (1.65%)