



Red Garlic Mashed Potatoes



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



548 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 teaspoons garlic crushed
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup half-and-half cream
- ☐ 8 medium potatoes red cubed
- ☐ 0.3 teaspoon steak seasoning
- ☐ 2 tablespoons sugar white

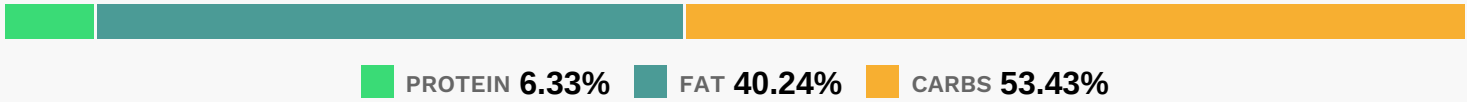
Equipment

- ☐ pot
- ☐ hand mixer

Directions

- ☐ Place the potatoes into a large pot, and fill with enough water to cover.
- ☐ Add 1 teaspoon of the crushed garlic to the water for flavor. Bring to a boil, and cook for about 10 minutes, or until easily pierced with a fork.
- ☐ Drain the potatoes, and add the butter. Mash until the butter is melted.
- ☐ Mix in the half-and-half, sugar, steak seasoning, garlic powder and remaining garlic.
- ☐ Mix potatoes with an electric mixer until smooth.

Nutrition Facts



Properties

Glycemic Index:26.27, Glycemic Load:4.33, Inflammation Score:-8, Nutrition Score:19.762608660304%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 548.37kcal (27.42%), Fat: 25.22g (38.79%), Saturated Fat: 5.96g (37.23%), Carbohydrates: 75.33g (25.11%), Net Carbohydrates: 68.03g (24.74%), Sugar: 12.13g (13.48%), Cholesterol: 5.29mg (1.76%), Sodium: 353.94mg (15.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.84%), Potassium: 1979.41mg (56.55%), Vitamin C: 37.31mg (45.23%), Vitamin B6: 0.76mg (37.88%), Manganese: 0.64mg (31.83%), Fiber: 7.3g (29.22%), Copper: 0.58mg (28.96%), Phosphorus: 284.04mg (28.4%), Vitamin B3: 4.93mg (24.67%), Magnesium: 96.88mg (24.22%), Vitamin B1: 0.36mg (23.77%), Vitamin A: 1101.76IU (22.04%), Folate: 77.72µg (19.43%), Iron: 3.2mg (17.78%), Vitamin K: 13.58µg (12.94%), Vitamin B5: 1.27mg (12.66%), Vitamin B2: 0.18mg (10.31%), Zinc: 1.49mg (9.95%), Calcium: 71.46mg (7.15%), Vitamin E: 0.96mg (6.43%), Selenium: 2.92µg (4.17%)