



## Roasted Corn and Garlic Chipotle-Cilantro Mashers

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



400 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon adobo sauce from can
- ☐ 0.5 cup butter
- ☐ 1 chipotle pepper in adobo sauce canned finely chopped
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 3 medium ears corn fresh
- ☐ 1 garlic bulb
- ☐ 0.5 cup milk

- ☐ 1 teaspoon pepper
- ☐ 2 pounds potatoes red cut into 1 1/2- to 2-inch cubes
- ☐ 1.5 teaspoons salt
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 2 tablespoons crisco vegetable oil divided

## Equipment

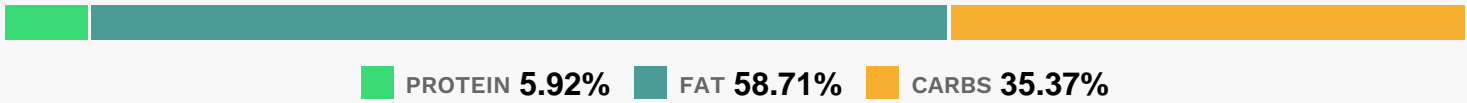
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ cutting board

## Directions

- ☐ Cut off pointed end of garlic; place garlic on a piece of aluminum foil, and drizzle with 1 Tbsp. oil. Fold foil to seal.
- ☐ Brush corn with remaining 1 Tbsp. oil, and place on a baking sheet.
- ☐ Bake garlic at 400 for 1 hour. After 15 minutes, place corn in oven, and bake, with garlic, 45 more minutes or until corn is golden brown. Squeeze pulp from garlic cloves, and set aside.
- ☐ Let corn cool completely.
- ☐ Hold 1 corn cob upright on a cutting board, and carefully cut downward, cutting kernels from cob. Repeat with remaining 2 corn cobs. Discard cobs. Set corn aside.
- ☐ Cook potatoes in boiling water to cover in a large saucepan until fork-tender (about 15 to 20 minutes).
- ☐ Drain and return to pan.
- ☐ Whisk together reserved roasted garlic pulp, sour cream, and next 6 ingredients in a medium saucepan over medium heat until butter melts and mixture is thoroughly heated.

Mash potatoes slightly; add warm milk mixture to pan, and continue to mash just until blended (mixture should be coarsely mashed). Stir in chopped cilantro and reserved corn.

## Nutrition Facts



## Properties

Glycemic Index:30.33, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:12.141739109288%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

## Nutrients (% of daily need)

Calories: 400.34kcal (20.02%), Fat: 27.2g (41.84%), Saturated Fat: 13.94g (87.15%), Carbohydrates: 36.87g (12.29%), Net Carbohydrates: 32.89g (11.96%), Sugar: 7.32g (8.13%), Cholesterol: 60.07mg (20.02%), Sodium: 898.23mg (39.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.33%), Potassium: 911.69mg (26.05%), Vitamin C: 17.29mg (20.96%), Phosphorus: 186.8mg (18.68%), Vitamin K: 19.44µg (18.52%), Manganese: 0.36mg (17.92%), Vitamin A: 884.53IU (17.69%), Vitamin B6: 0.34mg (16.92%), Fiber: 3.98g (15.93%), Vitamin B1: 0.22mg (14.81%), Magnesium: 59.08mg (14.77%), Vitamin B3: 2.72mg (13.61%), Folate: 51.9µg (12.98%), Copper: 0.25mg (12.26%), Vitamin B5: 1mg (9.96%), Vitamin B2: 0.16mg (9.49%), Iron: 1.55mg (8.61%), Calcium: 79.39mg (7.94%), Vitamin E: 1.04mg (6.93%), Zinc: 0.95mg (6.33%), Selenium: 2.83µg (4.04%), Vitamin B12: 0.2µg (3.37%), Vitamin D: 0.22µg (1.49%)