



Roasted Garlic Mashed Potatoes

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



258 kcal

SIDE DISH

Ingredients

- 7 baking potatoes cubed peeled
- 2 tablespoons butter
- 6 cloves garlic peeled
- 0.3 teaspoon ground pepper black
- 0.5 cup milk
- 0.3 cup olive oil
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt

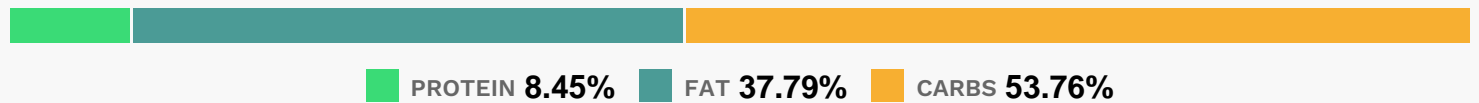
Equipment

- bowl
- oven
- mixing bowl
- pot
- baking pan
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place garlic cloves in a small baking dish.
- Drizzle with olive oil, cover, and bake 45 minutes, or until golden brown.
- Bring a large pot of lightly salted water to boil.
- Add potatoes, and cook until tender but firm.
- Drain, and transfer to a large mixing bowl.
- Place roasted garlic, milk, Parmesan cheese, and butter into the bowl with the potatoes. Season with salt and pepper. Beat to desired consistency with an electric mixer.

Nutrition Facts



Properties

Glycemic Index:29.34, Glycemic Load:26.98, Inflammation Score:-3, Nutrition Score:9.5943478708682%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 257.82kcal (12.89%), Fat: 11.11g (17.1%), Saturated Fat: 3.55g (22.19%), Carbohydrates: 35.56g (11.85%), Net Carbohydrates: 33.08g (12.03%), Sugar: 1.92g (2.13%), Cholesterol: 12.07mg (4.02%), Sodium: 238.18mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.19%), Vitamin B6: 0.68mg (34.15%), Potassium: 816.6mg (23.33%), Manganese: 0.34mg (17.09%), Phosphorus: 142.1mg (14.21%), Vitamin C: 11.33mg (13.73%), Magnesium: 46.53mg (11.63%), Vitamin B1: 0.17mg (11.13%), Copper: 0.2mg (10.05%), Fiber: 2.49g (9.94%), Vitamin B3: 1.97mg (9.83%), Iron: 1.7mg (9.45%), Calcium: 75.96mg (7.6%), Vitamin K: 7.9µg (7.53%), Vitamin E: 1.1mg (7.32%), Folate: 26.46µg (6.62%), Vitamin B5: 0.65mg (6.46%), Vitamin B2: 0.1mg (5.71%), Zinc: 0.77mg (5.12%), Selenium: 2.49µg (3.55%), Vitamin A: 141.61IU (2.83%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.18µg (1.22%)