



Roasted Garlic Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



501 kcal

SIDE DISH

Ingredients

- ☐ 1.5 sticks regular butter salted plus more for dotting
- ☐ 8 ounces cream cheese softened
- ☐ 0.3 cup so half-and-half
- ☐ 1 tablespoon heavy cream
- ☐ 3 heads roasted garlic
- ☐ 8 servings salt and pepper black
- ☐ 5 pounds yukon gold potatoes rinsed peeled

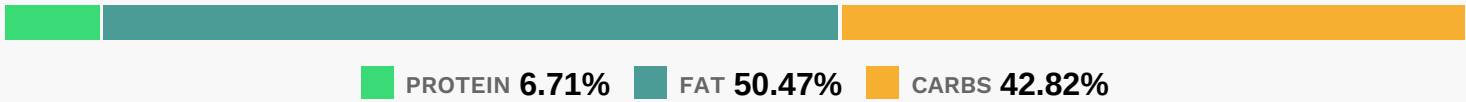
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Dice the potatoes and boil in a pot of water until fork tender, 25 to 30 minutes.
- ☐ Drain and return to the pan over low heat. Mash the potatoes for 5 minutes to allow a lot of the steam to escape.
- ☐ Add the butter, cream cheese, half-and-half, cream, some salt, pepper and roasted garlic. Stir/mash to combine. Test and adjust the seasonings.
- ☐ Spread the potatoes into a large buttered baking dish. Dot the top with butter.
- ☐ Bake until heated through, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:23.84, Glycemic Load:37.66, Inflammation Score:-8, Nutrition Score:17.902174009577%

Flavonoids

Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 501.36kcal (25.07%), Fat: 28.79g (44.29%), Saturated Fat: 17.66g (110.39%), Carbohydrates: 54.96g (18.32%), Net Carbohydrates: 48.5g (17.64%), Sugar: 3.76g (4.18%), Cholesterol: 78.95mg (26.32%), Sodium: 442.96mg (19.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.22%), Vitamin C: 59.2mg (71.76%), Vitamin B6: 0.99mg (49.37%), Potassium: 1289.93mg (36.86%), Manganese: 0.61mg (30.65%), Fiber: 6.46g (25.83%), Phosphorus: 221.35mg (22.13%), Vitamin A: 971.16IU (19.42%), Magnesium: 71.7mg (17.92%), Vitamin B1: 0.26mg (17.2%), Copper: 0.34mg (17.19%), Vitamin B3: 3.11mg (15.53%), Iron: 2.43mg (13.51%), Folate: 49.16µg

(12.29%), Vitamin B2: 0.19mg (11.35%), Vitamin B5: 1.11mg (11.13%), Calcium: 95.06mg (9.51%), Zinc: 1.14mg (7.59%),
Selenium: 5.29µg (7.56%), Vitamin K: 7.8µg (7.43%), Vitamin E: 0.81mg (5.39%), Vitamin B12: 0.12µg (1.93%)