



Roasted Garlic Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



172 kcal

SIDE DISH

Ingredients

- 2 lb baking potatoes
- 6 garlic clove unpeeled
- 2 tablespoons vegetable oil
- 1 teaspoon rosemary dried fresh chopped
- 0.5 teaspoon salt
- 0.3 cup milk

Equipment

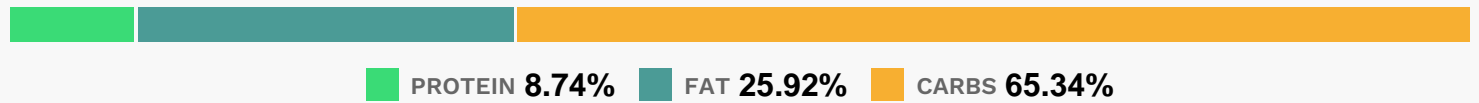
- bowl

- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 375°F. Scrub potatoes; pierce with fork to allow steam to escape. Wrap garlic cloves in foil.
- Bake potatoes and garlic 1 hour or until potatoes are soft.
- In 8-inch skillet, heat oil and rosemary over medium heat 2 to 3 minutes, stirring frequently, until rosemary is fragrant.
- Cut potatoes in half; carefully spoon potatoes into large bowl, discarding skins. Slip skins off cloves of garlic; discard skins.
- Add garlic, oil mixture and salt to potatoes. Mash until fluffy, adding milk until desired consistency.

Nutrition Facts



Properties

Glycemic Index:37.13, Glycemic Load:22.01, Inflammation Score:-3, Nutrition Score:7.5756522417068%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 172.18kcal (8.61%), Fat: 5.11g (7.85%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 26.92g (9.79%), Sugar: 1.62g (1.8%), Cholesterol: 1.63mg (0.54%), Sodium: 207.02mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Vitamin B6: 0.57mg (28.37%), Potassium: 663.06mg (18.94%), Manganese: 0.29mg (14.44%), Vitamin C: 9.56mg (11.59%), Vitamin K: 11.15µg (10.62%), Phosphorus: 101.45mg (10.15%), Magnesium: 37.19mg (9.3%), Vitamin B1: 0.14mg (9.18%), Copper: 0.17mg (8.25%), Fiber: 2.04g (8.14%), Vitamin B3: 1.6mg (8%), Iron: 1.36mg (7.55%), Folate: 21.31µg (5.33%), Vitamin B5: 0.52mg (5.24%), Vitamin B2: 0.07mg (4.23%), Calcium: 42.09mg (4.21%), Zinc: 0.53mg (3.53%), Vitamin E: 0.4mg (2.63%), Selenium: 1.29µg (1.84%), Vitamin B12: 0.07µg (1.22%)