



Roasted Garlic Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

Ingredients

- 6 garlic clove unpeeled
- 0.3 cup milk
- 2 lb potatoes
- 0.5 teaspoon salt
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan

- oven
- aluminum foil

Directions

- Heat oven to 375F. 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. Save skins for another use or discard. 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

PROTEIN 8.53% **FAT 26.63%** **CARBS 64.84%**

Properties

Glycemic Index:25.29, Glycemic Load:19.86, Inflammation Score:-3, Nutrition Score:8.7665218840475%

Flavonoids

Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 169.1kcal (8.46%), Fat: 5.12g (7.87%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 28.04g (9.35%), Net Carbohydrates: 24.65g (8.96%), Sugar: 1.86g (2.07%), Cholesterol: 1.63mg (0.54%), Sodium: 208.52mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin C: 30.72mg (37.24%), Vitamin B6: 0.49mg (24.58%), Potassium: 668.94mg (19.11%), Manganese: 0.28mg (14.13%), Fiber: 3.39g (13.56%), Vitamin K: 11.3µg (10.76%), Phosphorus: 104.46mg (10.45%), Magnesium: 37.16mg (9.29%), Vitamin B1: 0.13mg (8.97%), Copper: 0.17mg (8.63%), Vitamin B3: 1.63mg (8.14%), Iron: 1.23mg (6.85%), Folate: 24.28µg (6.07%), Vitamin B5: 0.52mg (5.16%), Vitamin B2: 0.07mg (4.14%), Calcium: 40.37mg (4.04%), Zinc: 0.53mg (3.53%), Vitamin E: 0.4mg (2.63%), Selenium: 1.14µg (1.63%), Vitamin B12: 0.07µg (1.22%)