



Roasted Garlic Mashed Potatoes



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 2.7 cups chicken broth organic swanson® (regular, Natural or Certified)
- ☐ 2 tablespoons spring onion chopped
- ☐ 1 garlic whole
- ☐ 5 large potatoes cut into 1

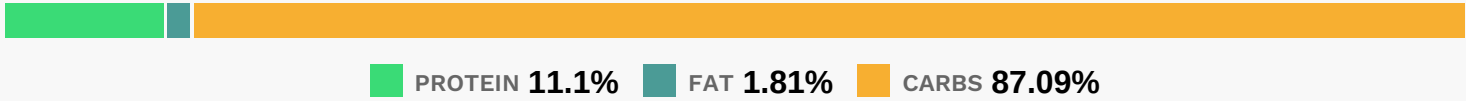
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ CUT off top of garlic bulb.
- ☐ Drizzle with about 2 tbsp. broth. Wrap in aluminum foil and bake at 350F. for 1 hr. or until softened. PLACE broth and potatoes in saucepan.
- ☐ Heat to a boil. Cover and cook over medium heat 10 min. or until tender.
- ☐ Drain, reserving broth. MASH potatoes with 1 1/4 cups broth, 2 or 3 cloves roasted garlic* and chives, if desired.
- ☐ Add additional broth, if needed, until desired consistency. TIP: *Leftover roasted garlic is perfect for garlic toast, meat gravy, soups, etc.

Nutrition Facts



Properties

Glycemic Index:24.29, Glycemic Load:39.4, Inflammation Score:-5, Nutrition Score:16.074347805718%

Flavonoids

Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 244.43kcal (12.22%), Fat: 0.5g (0.77%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 54.49g (18.16%), Net Carbohydrates: 47.66g (17.33%), Sugar: 2.9g (3.22%), Cholesterol: 2.09mg (0.7%), Sodium: 406.34mg (17.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.9%), Vitamin C: 61.11mg (74.07%), Vitamin B6: 0.91mg (45.73%), Potassium: 1320.9mg (37.74%), Fiber: 6.83g (27.31%), Manganese: 0.53mg (26.5%), Phosphorus: 180.96mg (18.1%), Magnesium: 72.29mg (18.07%), Vitamin B1: 0.27mg (18%), Copper: 0.35mg (17.55%), Vitamin B3: 3.48mg (17.42%), Iron: 2.51mg (13.94%), Folate: 50.49µg (12.62%), Vitamin B2: 0.16mg (9.54%), Vitamin K: 9.99µg (9.52%), Vitamin B5: 0.92mg (9.24%), Zinc: 0.98mg (6.52%), Calcium: 43.42mg (4.34%), Selenium: 1.42µg (2.03%)