



Roasted-Garlic Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 1 garlic head whole
- ☐ 0.5 cup milk 1% low-fat
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 3 cups water
- ☐ 1 pound yukon gold red peeled quartered

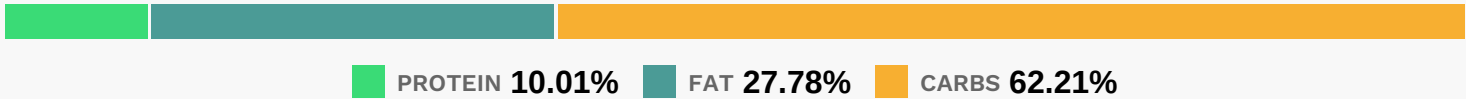
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Remove white papery skin from garlic head (do not peel or separate cloves). Rub oil over garlic head; wrap in foil.
- ☐ Bake at 375 for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Set aside. Discard skins.
- ☐ Place potatoes in a saucepan, and cover with water. Bring to a boil; cook 15 minutes or until very tender.
- ☐ Drain.
- ☐ Heat milk in pan over medium heat until hot (do not boil).
- ☐ Add potatoes, salt, and pepper, and beat at medium speed of a mixer until potato mixture is smooth.
- ☐ Add garlic pulp, and stir well.
- ☐ Mashed Potatoes With Sage: Omit garlic; add 2 tablespoons minced fresh sage to milk, salt, and pepper.
- ☐ Chive-and-Goat Cheese Potatoes: Omit garlic; add 3 tablespoons minced chives and 1/2 cup (2 ounces) crumbled goat cheese to milk, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:4.975652228231%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 99.55kcal (4.98%), Fat: 3.16g (4.86%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 14.33g (5.21%), Sugar: 2.35g (2.61%), Cholesterol: 1.18mg (0.39%), Sodium: 149.08mg (6.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Potassium: 454.08mg (12.97%), Vitamin C: 7.99mg (9.68%), Vitamin B6: 0.18mg (8.81%), Phosphorus: 80.72mg (8.07%), Manganese: 0.15mg (7.59%), Copper: 0.15mg (7.39%), Fiber: 1.58g (6.32%), Magnesium: 24.53mg (6.13%), Vitamin B1: 0.09mg (5.88%), Vitamin B3: 1.07mg (5.37%), Calcium: 44.7mg (4.47%), Vitamin K: 4.51µg (4.3%), Folate: 16.84µg (4.21%), Iron: 0.7mg (3.88%), Vitamin B2: 0.06mg (3.65%), Vitamin B5: 0.34mg (3.43%), Zinc: 0.42mg (2.82%), Vitamin E: 0.42mg (2.79%), Vitamin B12: 0.14µg (2.4%), Vitamin D: 0.26µg (1.73%), Selenium: 1.04µg (1.49%), Vitamin A: 53.21IU (1.06%)