



WHATSheATE



Roasted Garlic Mashed Potatoes



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter softened
- ☐ 1 medium head garlic
- ☐ 0.5 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 2 pounds russet potatoes peeled quartered
- ☐ 8 servings salt and pepper to taste

Equipment

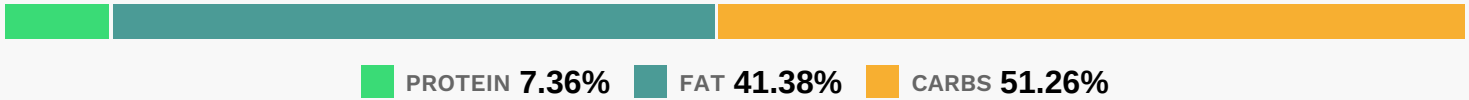
- ☐ oven

- ☐ pot
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Drizzle garlic with olive oil, then wrap in aluminum foil.
- ☐ Bake in preheated oven for 1 hour.
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add potatoes, and cook until tender, about 15 minutes.
- ☐ Drain, cool and chop. Stir in butter, milk, salt and pepper.
- ☐ Remove the garlic from the oven, and cut in half. Squeeze the softened cloves into the potatoes. Blend potatoes with an electric mixer until desired consistency is achieved.

Nutrition Facts



Properties

Glycemic Index:25.34, Glycemic Load:16.72, Inflammation Score:-3, Nutrition Score:6.0669564941655%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 169.61kcal (8.48%), Fat: 8.02g (12.34%), Saturated Fat: 4.16g (25.97%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 20.82g (7.57%), Sugar: 1.48g (1.64%), Cholesterol: 16.88mg (5.63%), Sodium: 250.89mg (10.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Vitamin B6: 0.44mg (22.21%), Potassium: 511.52mg (14.61%), Manganese: 0.24mg (11.88%), Vitamin C: 7.56mg (9.16%), Phosphorus: 84.81mg (8.48%), Vitamin B1: 0.11mg (7.26%), Magnesium: 28.93mg (7.23%), Copper: 0.13mg (6.38%), Fiber: 1.55g (6.19%), Vitamin B3: 1.22mg (6.09%), Iron: 1.05mg (5.82%), Vitamin B5: 0.43mg (4.27%), Calcium: 41.65mg (4.17%), Folate: 16.19µg (4.05%), Vitamin A: 201.08IU (4.02%), Vitamin B2: 0.06mg (3.81%), Vitamin K: 3.69µg (3.51%), Zinc: 0.44mg (2.93%), Vitamin E: 0.44mg (2.91%), Selenium: 1.31µg (1.87%), Vitamin B12: 0.09µg (1.57%), Vitamin D: 0.17µg (1.12%)