



Roasted Garlic-Parmesan Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



332 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic bulbs
- ☐ 8 servings olive oil
- ☐ 0.3 cup parmesan cheese shredded refrigerated
- ☐ 0.5 teaspoon pepper
- ☐ 3 pounds potatoes peeled quartered
- ☐ 2 teaspoons salt divided

☐ 0.3 cup whipping cream

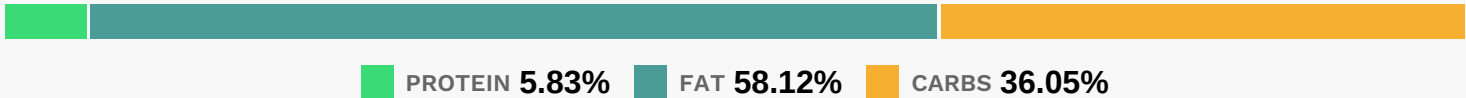
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven
- ☐ potato ricer

Directions

- ☐ Cut off pointed ends of garlic bulbs; place garlic on a piece of aluminum foil, and drizzle with oil. Fold foil to seal.
- ☐ Bake at 350 for 1 hour; cool to touch. Squeeze pulp from garlic cloves; set aside.
- ☐ Bring potato, 1 teaspoon salt, and water to cover to a boil in a Dutch oven; boil 20 to 25 minutes or until tender.
- ☐ Drain.
- ☐ Mash potatoes, or press through a ricer; stir in garlic, remaining 1 teaspoon salt, whipping cream, and next 4 ingredients until smooth.

Nutrition Facts



Properties

Glycemic Index:25.59, Glycemic Load:21.89, Inflammation Score:-6, Nutrition Score:12.77260860412%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 332.35kcal (16.62%), Fat: 21.9g (33.69%), Saturated Fat: 5.08g (31.76%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 26.69g (9.71%), Sugar: 1.6g (1.78%), Cholesterol: 10.53mg (3.51%), Sodium: 694.99mg (30.22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.89%), Vitamin K: 53.17µg (50.64%), Vitamin C: 37.12mg (45%), Vitamin B6: 0.52mg (25.98%), Potassium: 747.03mg (21.34%), Fiber: 3.87g (15.49%), Vitamin E: 2.29mg (15.28%), Manganese: 0.29mg (14.75%), Phosphorus: 126.96mg (12.7%), Vitamin A: 536.28IU (10.73%), Magnesium: 42.84mg (10.71%), Copper: 0.19mg (9.68%), Vitamin B1: 0.14mg (9.54%), Vitamin B3: 1.85mg (9.23%), Iron: 1.62mg (9.02%), Folate: 31.63µg (7.91%), Calcium: 69.76mg (6.98%), Vitamin B5: 0.56mg (5.57%), Vitamin B2: 0.08mg (4.95%), Zinc: 0.64mg (4.24%), Selenium: 1.55µg (2.22%)