



## Roasted Garlic Smashed Potatoes

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



438 kcal

SIDE DISH

### Ingredients

- 0.5 cup butter
- 8 servings garnish: chives fresh chopped
- 8 oz cream cheese softened
- 2 small garlic bulbs
- 0.3 cup milk
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 4 pounds potatoes red peeled quartered

- 0.8 teaspoon salt
- 1 cup cup heavy whipping cream sour

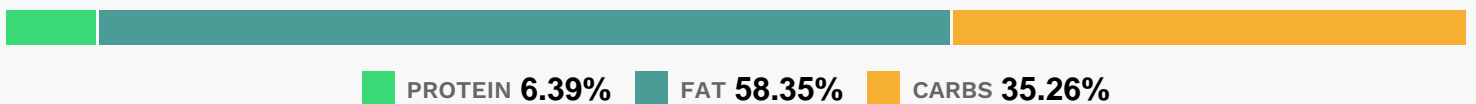
## Equipment

- bowl
- oven
- aluminum foil
- dutch oven

## Directions

- Cut off pointed end of garlic bulb; place garlic on a piece of aluminum foil, and drizzle with oil. Fold foil to seal.
- Bake at 350 for 1 hour; cool. Squeeze pulp from garlic; set aside.
- Cook potatoes in a Dutch oven in boiling salted water to cover 20 to 25 minutes or until tender; drain and place in a large bowl.
- Mash potatoes with roasted garlic pulp, cream cheese, and next 5 ingredients in a bowl until smooth.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:27.75, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:12.90913043074%

## Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

## Nutrients (% of daily need)

Calories: 438.25kcal (21.91%), Fat: 29.16g (44.86%), Saturated Fat: 16.39g (102.43%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 35.74g (13%), Sugar: 5.37g (5.97%), Cholesterol: 77.01mg (25.67%), Sodium: 451.1mg

(19.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.38%), Potassium: 1126.98mg (32.2%), Vitamin C: 20.58mg (24.94%), Vitamin B6: 0.43mg (21.46%), Phosphorus: 203.46mg (20.35%), Vitamin A: 986.56IU (19.73%), Manganese: 0.35mg (17.56%), Copper: 0.32mg (15.95%), Fiber: 3.91g (15.65%), Magnesium: 57.24mg (14.31%), Vitamin B1: 0.2mg (13.55%), Vitamin B3: 2.68mg (13.42%), Vitamin B2: 0.2mg (11.84%), Folate: 46.61µg (11.65%), Vitamin K: 11.92µg (11.35%), Iron: 1.76mg (9.76%), Calcium: 94.71mg (9.47%), Vitamin B5: 0.94mg (9.44%), Selenium: 5.04µg (7.2%), Zinc: 1.04mg (6.96%), Vitamin E: 0.96mg (6.43%), Vitamin B12: 0.19µg (3.13%)