



Roasted Garlic Smashed Potatoes



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 24 ounce baking potatoes peeled cut into 1-inch pieces
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons chives fresh minced
- ☐ 1 tablespoon sage fresh chopped
- ☐ 0.3 cup roasted garlic cloves coarsely chopped
- ☐ 0.8 cup milk 1% low-fat
- ☐ 0.5 teaspoon salt

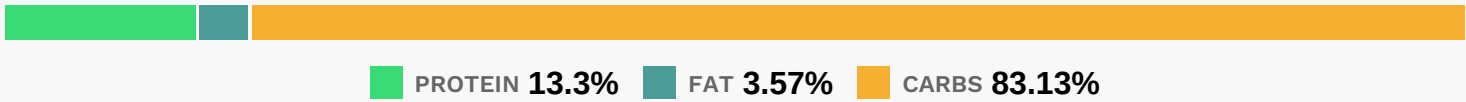
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Place potato pieces in a large microwave-safe bowl. Cover bowl with plastic wrap; cut a 1-inch slit in center of plastic wrap. Microwave at HIGH 10 minutes.
- ☐ Let stand for 2 minutes.
- ☐ Add milk and remaining ingredients to bowl; mash with a potato masher.
- ☐ Note: You can find roasted garlic cloves at the salad bar in many grocery stores.

Nutrition Facts



Properties

Glycemic Index:47.94, Glycemic Load:25.01, Inflammation Score:-4, Nutrition Score:14.586956604667%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 169.33kcal (8.47%), Fat: 0.69g (1.07%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 33.73g (12.26%), Sugar: 3.36g (3.74%), Cholesterol: 2.21mg (0.74%), Sodium: 318.06mg (13.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.63%), Copper: 4.75mg (237.7%), Vitamin B6: 0.72mg (36.08%), Manganese: 0.6mg (29.9%), Potassium: 827.97mg (23.66%), Vitamin C: 13.22mg (16.02%), Phosphorus: 153.96mg (15.4%), Magnesium: 50.17mg (12.54%), Vitamin B1: 0.19mg (12.51%), Calcium: 105.75mg (10.58%), Fiber: 2.6g (10.39%), Iron: 1.83mg (10.14%), Vitamin B3: 1.88mg (9.41%), Vitamin B2: 0.13mg (7.73%), Vitamin B5: 0.73mg (7.31%), Folate: 26.57µg (6.64%), Vitamin K: 6.85µg (6.53%), Zinc: 0.82mg (5.48%), Vitamin B12: 0.27µg (4.5%), Selenium: 2.84µg (4.06%), Vitamin D: 0.49µg (3.24%), Vitamin A: 155.86IU (3.12%)