



Roasted Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baking potatoes
- ☐ 1 cup milk 2% low-fat
- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon salt

Equipment

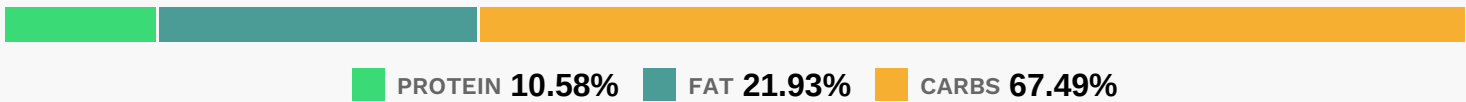
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Wrap each potato in foil, and bake at 400 for 1 1/2 hours.
- ☐ Cut potatoes into chunks.
- ☐ Combine milk, margarine, salt, and pepper in a large saucepan, and cook over medium-low heat until warm.
- ☐ Remove from heat; add potatoes to pan, and beat at medium speed of a mixer until smooth.

Nutrition Facts



Properties

Glycemic Index:14.59, Glycemic Load:16.12, Inflammation Score:-3, Nutrition Score:5.8804347644682%

Nutrients (% of daily need)

Calories: 127.59kcal (6.38%), Fat: 3.19g (4.91%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 20.6g (7.49%), Sugar: 2.17g (2.41%), Cholesterol: 1.48mg (0.49%), Sodium: 268.21mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin B6: 0.41mg (20.47%), Potassium: 522.12mg (14.92%), Phosphorus: 93.66mg (9.37%), Manganese: 0.19mg (9.37%), Vitamin C: 6.47mg (7.84%), Magnesium: 29.84mg (7.46%), Vitamin B1: 0.11mg (7.35%), Vitamin B3: 1.21mg (6.04%), Fiber: 1.49g (5.96%), Copper: 0.12mg (5.9%), Iron: 0.98mg (5.46%), Calcium: 53.37mg (5.34%), Vitamin B2: 0.08mg (4.71%), Vitamin B5: 0.45mg (4.52%), Folate: 16.51µg (4.13%), Vitamin A: 184.49IU (3.69%), Vitamin B12: 0.18µg (3.06%), Zinc: 0.46mg (3.05%), Vitamin D: 0.32µg (2.16%), Vitamin K: 2.17µg (2.07%), Selenium: 1.08µg (1.54%)