



Rosemary-Roasted Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 8 cups baking potatoes cut into 1-inch pieces (2 pounds)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup green onion chopped
- ☐ 8 ounce cup heavy whipping cream sour low-fat
- ☐ 1 tablespoon olive oil
- ☐ 1 ounce parmesan cheese fresh grated

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup water hot

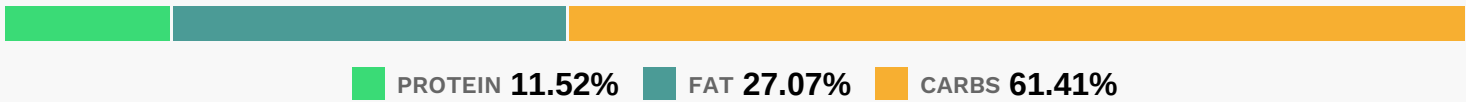
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ potato masher

Directions

- ☐ Preheat oven to 425
- ☐ Combine first 5 ingredients in a shallow roasting pan coated with cooking spray; toss well to coat.
- ☐ Bake at 425 for 30 minutes or until tender.
- ☐ Combine water and remaining ingredients in a large bowl; add potato mixture. Mash with a potato masher to desired consistency.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.79, Glycemic Load:28.56, Inflammation Score:-4, Nutrition Score:11.016956492611%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 250.75kcal (12.54%), Fat: 7.74g (11.9%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 36.72g (13.35%), Sugar: 1.46g (1.62%), Cholesterol: 16.44mg (5.48%), Sodium: 313.16mg (13.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.81%), Vitamin B6: 0.71mg (35.35%), Potassium: 933.83mg (26.68%), Manganese: 0.34mg (17.24%), Phosphorus: 171.96mg (17.2%), Vitamin C: 12.53mg (15.19%),

Calcium: 140.21mg (14.02%), Vitamin K: 14.17µg (13.5%), Magnesium: 53.39mg (13.35%), Vitamin B1: 0.18mg (12.27%), Copper: 0.22mg (11.24%), Fiber: 2.77g (11.06%), Vitamin B3: 2.13mg (10.67%), Iron: 1.89mg (10.48%), Folate: 35.27µg (8.82%), Vitamin B2: 0.13mg (7.7%), Vitamin B5: 0.63mg (6.3%), Zinc: 0.92mg (6.16%), Selenium: 3.1µg (4.43%), Vitamin A: 205.6IU (4.11%), Vitamin B12: 0.22µg (3.59%), Vitamin E: 0.51mg (3.37%)