



WHATSheATE



Saffron and Garlic Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



298 kcal

SIDE DISH

Ingredients

- ☐ 5 tablespoons butter
- ☐ 4 cloves garlic
- ☐ 0.5 cup heavy cream
- ☐ 1 cup milk
- ☐ 8 medium potatoes diced peeled
- ☐ 1 large pinch saffron threads
- ☐ 8 servings salt and pepper

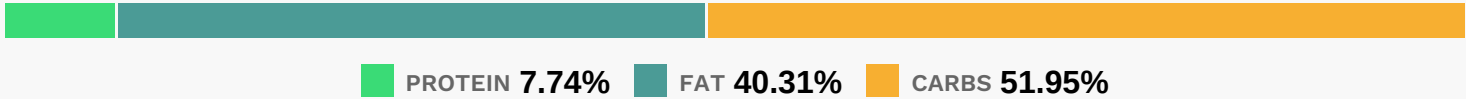
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Place the potatoes and garlic in a pot of salted water and bring to a boil. Reduce the heat to a simmer and cook the potatoes until fork tender, about 12 to 15 minutes.
- ☐ Remove the pan from the heat and drain.
- ☐ Place the potatoes back in the pot and return to the heat. Stir the potatoes, constantly, for 2 to 3 minutes to dehydrate the potatoes.
- ☐ Remove the potatoes from the heat.
- ☐ Add the butter. Using a hand held masher, mash the butter into the potatoes.
- ☐ Place the milk in a saucepan with the saffron and cook for about 5 minutes.
- ☐ Add cream and saffron milk. The potatoes should still be sort of lumpy. Season the potatoes with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:33.97, Glycemic Load:27.93, Inflammation Score:-6, Nutrition Score:12.641739140386%

Flavonoids

Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 297.88kcal (14.89%), Fat: 13.64g (20.99%), Saturated Fat: 8.54g (53.39%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 34.85g (12.67%), Sugar: 3.58g (3.98%), Cholesterol: 39.28mg (13.09%), Sodium: 278.7mg (12.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.79%), Vitamin C: 42.52mg (51.54%), Vitamin B6: 0.67mg (33.55%), Potassium: 964.87mg (27.57%), Fiber: 4.72g (18.87%), Manganese: 0.35mg (17.73%), Phosphorus: 165.25mg (16.53%), Magnesium: 54.26mg (13.57%), Vitamin B1: 0.19mg (12.93%), Copper: 0.24mg (11.83%), Vitamin B3: 2.3mg (11.5%), Vitamin A: 491.16IU (9.82%), Iron: 1.71mg (9.48%), Folate: 34.99µg (8.75%),

Vitamin B2: 0.14mg (8.4%), Vitamin B5: 0.8mg (8.01%), Calcium: 77.83mg (7.78%), Zinc: 0.8mg (5.36%), Vitamin K: 5.25µg (5%), Vitamin D: 0.57µg (3.82%), Vitamin B12: 0.2µg (3.39%), Selenium: 1.97µg (2.81%), Vitamin E: 0.38mg (2.52%)