



Simply the Best Garlic Mashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



308 kcal

SIDE DISH

Ingredients

- ☐ 8 servings kosher salt
- ☐ 4 pound russet potatoes
- ☐ 0.5 cup butter unsalted
- ☐ 1.5 cup milk whole

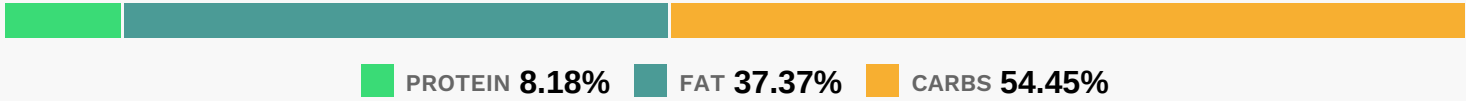
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Peel potatoes and quarter lengthwise; cut crosswise ½ inch thick. In a 5–quart saucepan, combine potatoes and garlic cloves; cover with water (about 8 cups) by 1 inch.
- ☐ Add 1 tablespoon salt. Bring to a boil; reduce heat, and simmer until potatoes are easily pierced with the tip of a paring knife, 25 to 30 minutes.
- ☐ Drain; return garlic and potatoes to pan. Stir over medium–high heat until dry, 1 to 2 minutes.
- ☐ Remove from heat. In a small saucepan, bring milk to a boil; pour over potatoes.
- ☐ Add butter and 1 teaspoon of salt. Mash by whatever method you prefer until smooth and creamy.

Nutrition Facts



Properties

Glycemic Index:15.34, Glycemic Load:33.05, Inflammation Score:-5, Nutrition Score:11.46478262155%

Nutrients (% of daily need)

Calories: 308.34kcal (15.42%), Fat: 13.15g (20.24%), Saturated Fat: 8.2g (51.24%), Carbohydrates: 43.13g (14.38%), Net Carbohydrates: 40.18g (14.61%), Sugar: 3.62g (4.02%), Cholesterol: 35.99mg (12%), Sodium: 224.08mg (9.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.95%), Vitamin B6: 0.81mg (40.54%), Potassium: 1017.81mg (29.08%), Manganese: 0.36mg (17.95%), Phosphorus: 174.35mg (17.44%), Vitamin C: 12.93mg (15.67%), Magnesium: 57.94mg (14.49%), Vitamin B1: 0.21mg (14.15%), Vitamin B3: 2.4mg (12.01%), Copper: 0.24mg (11.82%), Fiber: 2.95g (11.79%), Iron: 1.95mg (10.86%), Calcium: 89.28mg (8.93%), Vitamin B5: 0.87mg (8.69%), Vitamin A: 430.93IU (8.62%), Vitamin B2: 0.14mg (8.4%), Folate: 32.18µg (8.04%), Zinc: 0.86mg (5.72%), Vitamin K: 5.21µg (4.96%), Vitamin D: 0.72µg (4.77%), Vitamin B12: 0.27µg (4.52%), Selenium: 1.92µg (2.74%), Vitamin E: 0.37mg (2.5%)