



Slow Cooker Garlic Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



250 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 0.5 teaspoon garlic powder
- 0.3 teaspoon ground pepper black
- 2 pounds potatoes diced red with peel
- 1.3 teaspoons salt
- 0.3 cup water

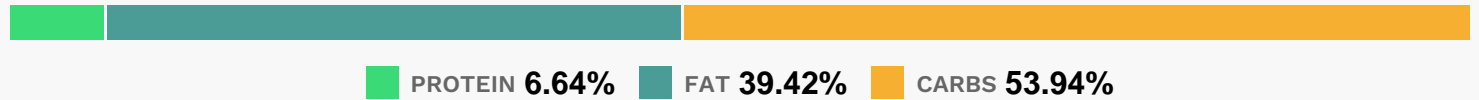
Equipment

- slow cooker

Directions

- Place the potatoes, water, and butter into a slow cooker. Season with salt, garlic powder, and pepper. Cover, and cook on Low for 7 hours, or High for 4 hours.
- Mash potatoes with a masher or electric beater, adding the desired amount of milk to achieve a creamy consistency. Keep warm on low until serving.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:6.7300000514673%

Flavonoids

Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 174.69kcal (8.73%), Fat: 7.89g (12.13%), Saturated Fat: 4.92g (30.73%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 21.67g (7.88%), Sugar: 1.96g (2.18%), Cholesterol: 20.34mg (6.78%), Sodium: 573.17mg (24.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Potassium: 694.41mg (19.84%), Vitamin C: 13.01mg (15.76%), Vitamin B6: 0.26mg (13.08%), Manganese: 0.23mg (11.38%), Fiber: 2.61g (10.46%), Copper: 0.21mg (10.35%), Phosphorus: 95.67mg (9.57%), Vitamin B3: 1.74mg (8.72%), Magnesium: 33.9mg (8.47%), Vitamin B1: 0.12mg (8.27%), Folate: 27.63µg (6.91%), Iron: 1.13mg (6.29%), Vitamin A: 247.4IU (4.95%), Vitamin K: 5.18µg (4.94%), Vitamin B5: 0.44mg (4.35%), Zinc: 0.52mg (3.45%), Vitamin B2: 0.05mg (2.98%), Calcium: 18.55mg (1.86%), Vitamin E: 0.24mg (1.58%), Selenium: 0.92µg (1.31%)