



Slow Cooker Garlic Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



250 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

Ingredients

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

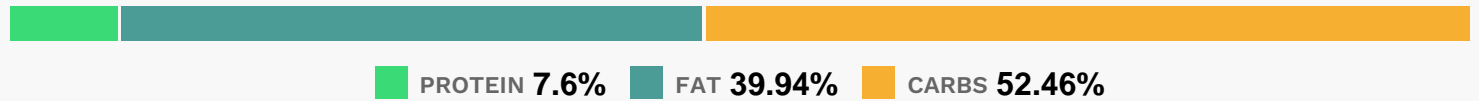
Equipment

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:20.83, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:7.391304306362%

Flavonoids

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

Nutrients (% of daily need)

Calories: 186.89kcal (9.34%), Fat: 8.54g (13.13%), Saturated Fat: 5.29g (33.09%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 22.62g (8.22%), Sugar: 2.94g (3.27%), Cholesterol: 22.78mg (7.59%), Sodium: 580.89mg (25.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.31%), Potassium: 724.91mg (20.71%), Vitamin C: 13.01mg (15.76%), Vitamin B6: 0.27mg (13.71%), Phosphorus: 116.2mg (11.62%), Manganese: 0.23mg (11.42%), Fiber: 2.61g (10.46%), Copper: 0.21mg (10.36%), Magnesium: 36.34mg (9.08%), Vitamin B1: 0.14mg (9.03%), Vitamin B3: 1.77mg (8.83%), Folate: 27.63µg (6.91%), Iron: 1.13mg (6.29%), Vitamin A: 280.34IU (5.61%), Vitamin B5: 0.51mg (5.11%), Vitamin K: 5.25µg (5%), Vitamin B2: 0.08mg (4.63%), Calcium: 43.56mg (4.36%), Zinc: 0.6mg (4.01%), Vitamin B12: 0.13µg (2.1%), Selenium: 1.3µg (1.86%), Vitamin E: 0.25mg (1.65%), Vitamin D: 0.22µg (1.49%)