



## Smashed Garlic and Dill Potatoes

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



206 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter softened
- 4 ounces cream cheese softened
- 1.5 teaspoons dill weed dried spice islands®
- 0.5 teaspoon garlic powder spice islands®
- 0.3 cup milk
- 2.5 pounds potatoes red
- 1 teaspoon sea salt spice islands®
- 0.5 teaspoon thyme leaves

0.3 teaspoon pepper white spice islands®

## Equipment

frying pan

sauce pan

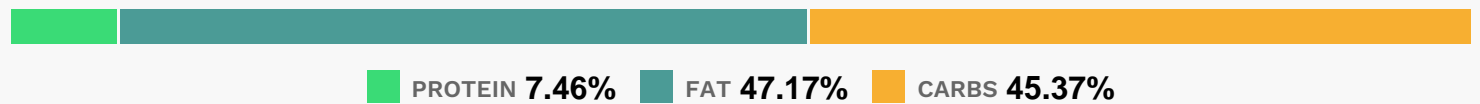
## Directions

Cut potatoes into 2-inch chunks and place in a large saucepan filled with water. Cover pan and bring to a boil. Cook 20 to 25 minutes until potatoes are soft.

Drain potatoes and add remaining ingredients. Smash potatoes until well blended.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:20.63, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:7.2643478409104%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

## Nutrients (% of daily need)

Calories: 205.68kcal (10.28%), Fat: 11.08g (17.05%), Saturated Fat: 6.7g (41.89%), Carbohydrates: 24g (8%), Net Carbohydrates: 21.51g (7.82%), Sugar: 2.74g (3.04%), Cholesterol: 30.48mg (10.16%), Sodium: 409.74mg (17.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.89%), Potassium: 686.11mg (19.6%), Vitamin C: 12.5mg (15.15%), Vitamin B6: 0.26mg (13.03%), Phosphorus: 113.07mg (11.31%), Manganese: 0.22mg (10.83%), Fiber: 2.49g (9.94%), Copper: 0.2mg (9.8%), Magnesium: 34.77mg (8.69%), Vitamin B3: 1.66mg (8.31%), Vitamin B1: 0.12mg (8.29%), Vitamin A: 406.82IU (8.14%), Folate: 27.15µg (6.79%), Iron: 1.19mg (6.59%), Vitamin B2: 0.09mg (5.35%), Vitamin B5: 0.51mg (5.14%), Vitamin K: 4.93µg (4.69%), Calcium: 43.35mg (4.34%), Zinc: 0.59mg (3.95%), Selenium: 2.19µg (3.13%), Vitamin E: 0.31mg (2.04%), Vitamin B12: 0.08µg (1.41%)