



Speedy Garlic Mashed Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 4 ounce garlic-and-herb spreadable cheese
- ☐ 1.8 cups milk
- ☐ 0.5 teaspoon pepper
- ☐ 22 ounce potatoes frozen mashed
- ☐ 0.5 teaspoon salt

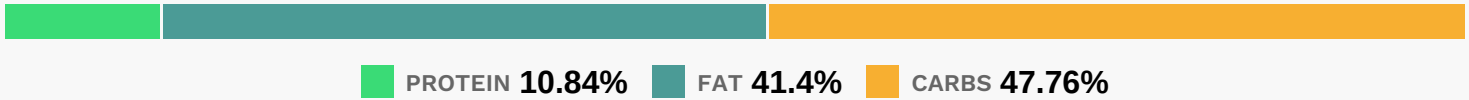
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Stir together mashed potatoes and milk in a large glass bowl.
- ☐ Microwave, uncovered, at HIGH 11 to 13 minutes.
- ☐ Add remaining ingredients, stirring until cheese is melted.
- ☐ *1 (3-ounce) package cream cheese, softened and cubed; 3 tablespoons butter; and 1 minced garlic clove may be substituted.
- ☐ Note: For testing purposes only, we used Alouette Garlic & Herbs
- ☐ Spreadable Cheese.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:14.58, Inflammation Score:-3, Nutrition Score:7.5221739463184%

Flavonoids

Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 188.9kcal (9.44%), Fat: 8.95g (13.77%), Saturated Fat: 5.05g (31.57%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 20.91g (7.6%), Sugar: 4.24g (4.71%), Cholesterol: 29.08mg (9.69%), Sodium: 329.82mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.55%), Vitamin C: 20.48mg (24.82%), Vitamin B6: 0.35mg (17.53%), Potassium: 546.63mg (15.62%), Phosphorus: 131.39mg (13.14%), Calcium: 100.87mg (10.09%), Fiber: 2.33g (9.32%), Manganese: 0.18mg (9.18%), Vitamin B1: 0.12mg (8.21%), Magnesium: 32.74mg (8.18%), Vitamin B2: 0.13mg (7.75%), Vitamin B12: 0.38µg (6.41%), Vitamin B3: 1.17mg (5.86%), Copper: 0.12mg (5.77%), Vitamin B5: 0.58mg (5.75%), Vitamin D: 0.78µg (5.22%), Iron: 0.83mg (4.6%), Folate: 16.66µg (4.17%), Zinc: 0.6mg (3.97%), Selenium: 1.67µg (2.39%), Vitamin A: 118.28IU (2.37%), Vitamin K: 2.46µg (2.34%)