

# Garlic-Yogurt Mashed Potatoes

Barton Seaver - "For Cod and Country"

Relish Magazine - October 2013

## Servings: 4

1 1/2 pounds russet potatoes, peeled  
and cut into eight pieces each  
6 cloves garlic, cut into halves  
1/2 teaspoon salt  
1 cup plain Greek-style yogurt

Place the potatoes and garlic in a saucepan.  
Add water just to cover. Add salt. Bring to a  
boil. Reduce the heat and simmer until the  
potatoes are soft and just beginning to fall apart.  
Drain, reserving some of the cooking water.  
Return the potatoes to the pan.

Add the yogurt to the potatoes and mash  
together. If they are too thick, add a little of the  
reserved cooking water a few tablespoons at a  
time.

---

Per Serving (excluding unknown  
items): 141 Calories; trace Fat  
(1.1% calories from fat); 4g Protein;  
32g Carbohydrate; 3g Dietary  
Fiber; 0mg Cholesterol; 277mg  
Sodium. Exchanges: 2  
Grain(Starch); 1/2 Vegetable.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	141	Vitamin B6 (mg):	.5mg
% Calories from Fat:	1.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	88.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	10.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	22mcg
Saturated Fat (g):	trace	Niacin (mg):	3mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	32g	<b>Food Exchanges</b>	
Dietary Fiber (g):	3g	Grain (Starch):	2
Protein (g):	4g	Lean Meat:	0
Sodium (mg):	277mg	Vegetable:	1/2

**Potassium (mg):** 943mg  
**Calcium (mg):** 22mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 35mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 141 Calories from Fat: 2

		% Daily Values*
<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	277mg	12%
<b>Total Carbohydrates</b>	32g	11%
Dietary Fiber	3g	11%
<b>Protein</b>	4g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		58%
<b>Calcium</b>		2%
<b>Iron</b>		8%

\* Percent Daily Values are based on a 2000 calorie diet.