

Garlic Pumpkin Mashed Potatoes with Spinach

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/best-vegetarian-thanksgiving-recipe-spinach>

Ingredients:

- 7 red potatoes scrubbed & chopped, or Yukon Gold variety
- 1/2 tablespoon olive oil
- 2 cloves garlic minced
- 1 1/2 cups pumpkin puree to taste
- 2 handfuls spinach stems removed & chopped
- 1/2 cup almond milk
- 2 tablespoons butter or Earth Balance
- 1 1/2 teaspoons kosher salt or more to taste
- ground black pepper Freshly, to taste
- paprika for garnish, optional

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 10 milligrams
4. Fat: 6 grams
5. Fiber: 7 grams
6. Protein: 6 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 800 milligrams
9. Sugar: 5 grams

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