

# Roasted Garlic Mashed Potatoes

Yield: 6 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/roasted-garlic-italian-bread-recipe>

## Ingredients:

- 2 garlic medium, heads
- 2 teaspoons olive oil
- 2 1/2 pounds red potatoes unpeeled, diced into quarters, or sixths if larger
- salt
- freshly ground black pepper
- 1/2 cup milk anything but skim
- 1/4 cup heavy cream
- 1/4 cup butter diced into 1 Tbsp pieces, plus more for serving
- fresh parsley Chopped, for garnish, optional

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 40 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 8 grams
8. Sodium: 220 milligrams
9. Sugar: 3 grams

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