

# Leached Garlic Mashed Potatoes



## Serving Size

8 (1/2 cup)



## Skill Level

Easy



## Diet Type

Dialysis

## Ingredients

- 4 Potatoes
- 3 Garlic Cloves Minced
- 2 tbsp Unsalted Butter
- 1 tsp Pepper

## Directions

1. Wash and peel the skin off of the potatoes.
2. Cut the potatoes into 1/8-inch pieces.
3. Place the potatoes in a pot and fill with water until potatoes are fully covered.
4. Bring the water to a boil and cook for 10 minutes.
5. Drain the water and fill pot back up with water until potatoes are fully covered.
6. Boil for the second time for another 5-10 minutes (or until soft and tender).
7. Drain water and place in serving bowl.
8. Mix together potatoes, unsalted butter, pepper, and garlic.

## Nutrition Facts

Servings: 8 (1/2 cup)

Amount per serving

**Calories 115**

<b>Sodium</b>	15 mg
<b>Potassium</b>	225 mg
<b>Phosphorus</b>	65 mg
<b>Carbohydrates</b>	18 g
<b>Protein</b>	2 g
<b>Fiber</b>	2 g



### Pro Tip

Potassium content is based off of peeled and double boiled potatoes.