

# Garlic Mashed Rutabagas & Potatoes

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## Servings: 8

4 medium (about 4 cups) potatoes,  
peeled and cubed  
2 medium (about 5 cups) rutabagas,  
peeled and cubed  
2 cloves garlic, peeled  
2 tablespoons butter  
1 teaspoon salt  
1/4 teaspoon pepper  
1/4 to 1/3 cup warm buttermilk

Place the potatoes, rutabagas and garlic in a Dutch oven. Add water to cover. Bring to a boil. Reduce the heat and cook, uncovered, for 15 to 20 minutes or until tender.

Drain and return to the pan. Mash the potatoes and rutabagas, gradually adding the butter, salt, pepper and enough of the warm buttermilk to reach the desired consistency.

Start to Finish Time: 30 minutes

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Per Serving (excluding unknown items): 87 Calories; 3g Fat (29.9% calories from fat); 2g Protein; 14g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 307mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 1/2 Fat.

Side Dishes

## Per Serving Nutritional Analysis

|                                |       |                       |        |
|--------------------------------|-------|-----------------------|--------|
| Calories (kcal):               | 87    | Vitamin B6 (mg):      | .2mg   |
| % Calories from Fat:           | 29.9% | Vitamin B12 (mcg):    | trace  |
| % Calories from Carbohydrates: | 62.3% | Thiamin B1 (mg):      | .1mg   |
| % Calories from Protein:       | 7.8%  | Riboflavin B2 (mg):   | trace  |
| Total Fat (g):                 | 3g    | Folacin (mcg):        | 15mcg  |
| Saturated Fat (g):             | 2g    | Niacin (mg):          | 1mg    |
| Monounsaturated Fat (g):       | 1g    | Caffeine (mg):        | 0mg    |
| Polyunsaturated Fat (g):       | trace | Alcohol (kcal):       | 0      |
| Cholesterol (mg):              | 8mg   | % Daily Value*        | on on% |
| Carbohydrate (g):              | 14g   | <b>Food Exchanges</b> |        |
| Dietary Fiber (g):             | 2g    | Grain (Starch):       | 1      |
| Protein (g):                   | 2g    | Lean Meat:            | 0      |
| Sodium (mg):                   | 307mg | Vegetable:            | 0      |

**Potassium (mg):** 454mg  
**Calcium (mg):** 25mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 21mg  
**Vitamin A (i.u.):** 311IU  
**Vitamin A (r.e.):** 47RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 87 Calories from Fat: 26

### % Daily Values\*

|                            |       |     |
|----------------------------|-------|-----|
| <b>Total Fat</b>           | 3g    | 5%  |
| Saturated Fat              | 2g    | 9%  |
| <b>Cholesterol</b>         | 8mg   | 3%  |
| <b>Sodium</b>              | 307mg | 13% |
| <b>Total Carbohydrates</b> | 14g   | 5%  |
| Dietary Fiber              | 2g    | 8%  |
| <b>Protein</b>             | 2g    |     |

|                  |     |
|------------------|-----|
| <b>Vitamin A</b> | 6%  |
| <b>Vitamin C</b> | 35% |
| <b>Calcium</b>   | 2%  |
| <b>Iron</b>      | 4%  |

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