



Bacon Smashed Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound bacon cut into 1/2-inch pieces
- ☐ 2 tablespoons cider vinegar
- ☐ 2 tablespoons optional: dill chopped
- ☐ 1 teaspoon sugar
- ☐ 3 pounds yukon gold potatoes peeled cut into 2-inch chunks

Equipment

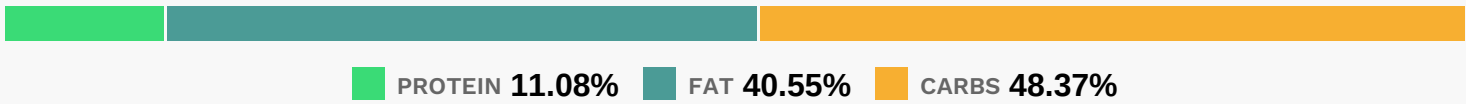
- ☐ bowl
- ☐ frying pan

- ☐ paper towels
- ☐ oven
- ☐ potato masher
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ Steam potatoes in a large steamer rack set over boiling water, covered, until very tender, 20 to 25 minutes.
- ☐ Meanwhile, cook bacon in a 12-inch heavy skillet over medium heat until crisp.
- ☐ Transfer bacon with a slotted spoon to paper towels to drain, reserving fat in skillet.
- ☐ Add 2 tablespoons vinegar, sugar, and 3/4 teaspoon each of salt and pepper to hot bacon fat, scraping up brown bits.
- ☐ Transfer potatoes to a large bowl, reserving 1/2 cup steaming water.
- ☐ Add vinegar mixture to potatoes and smash with a potato masher to desired texture, adding reserved water if desired. Stir in dill, bacon, and vinegar, salt, and pepper to taste.
- ☐ Josmeyer Les Folastries
- ☐ Gewürztraminer '05
- ☐ Potatoes can be made 3 hours ahead and kept at room temperature. Reheat, covered, in a microwave or in a 300°F oven.

Nutrition Facts



Properties

Glycemic Index:26.11, Glycemic Load:22.12, Inflammation Score:-3, Nutrition Score:10.175217478172%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 251.95kcal (12.6%), Fat: 11.41g (17.55%), Saturated Fat: 3.81g (23.84%), Carbohydrates: 30.62g (10.21%), Net Carbohydrates: 26.87g (9.77%), Sugar: 1.84g (2.05%), Cholesterol: 18.71mg (6.24%), Sodium: 198.13mg (8.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.03%), Vitamin C: 33.59mg (40.72%), Vitamin B6: 0.58mg (28.87%), Potassium: 775.73mg (22.16%), Fiber: 3.74g (14.98%), Vitamin B3: 2.93mg (14.67%), Vitamin B1: 0.21mg (14.29%), Phosphorus: 138.14mg (13.81%), Manganese: 0.27mg (13.7%), Magnesium: 42.77mg (10.69%), Copper: 0.2mg (9.8%), Selenium: 6.22µg (8.88%), Iron: 1.46mg (8.1%), Folate: 27.37µg (6.84%), Vitamin B5: 0.66mg (6.61%), Zinc: 0.83mg (5.54%), Vitamin B2: 0.08mg (4.58%), Vitamin K: 3.23µg (3.08%), Vitamin B12: 0.14µg (2.36%), Calcium: 22.3mg (2.23%)