



Buttermilk-Bacon Smashed Potatoes

 Gluten Free

READY IN



50 min.

SERVINGS



3

CALORIES



628 kcal

SIDE DISH

Ingredients

- 8 ounces bacon sliced
- 0.5 cup buttermilk
- 2 greens of scallions plus more for garnish sliced
- 0.3 cup heavy cream
- 3 servings pepper freshly ground
- 1 pound bliss potatoes red
- 2 cloves roasted garlic smashed
- 3 servings salt

3 tablespoons butter unsalted

Equipment

bowl

frying pan

sauce pan

pot

Directions

Add the potatoes to a pot and cover with water. Season with salt and bring to a boil. Once at a boil, cook until a fork can easily pierce through the potatoes, 10 to 15 minutes.

Drain and add to a bowl.

Place the bacon in a cast-iron pan over medium heat. Allow the bacon to render and crisp, about 5 minutes. Reserve the fat.




Put the buttermilk and heavy cream into a saucepan and scald. Reserve until needed.

Smash the potatoes just a little bit, and then season with salt and pepper.

Add the butter, a touch of the heated buttermilk/heavy cream, the scallions and 1 tablespoon bacon fat and smash. Taste and re-season if needed, adding more buttermilk/heavy cream if desired. Fold in the rendered bacon, reserving some for garnish.

Garnish with the reserved bacon and scallions.

Nutrition Facts

 **PROTEIN 9.32%**  **FAT 71.26%**  **CARBS 19.42%**

Properties

Glycemic Index:58.92, Glycemic Load:20.14, Inflammation Score:-6, Nutrition Score:15.223912943964%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 627.62kcal (31.38%), Fat: 49.99g (76.91%), Saturated Fat: 22.61g (141.3%), Carbohydrates: 30.65g (10.22%), Net Carbohydrates: 27.26g (9.91%), Sugar: 3.74g (4.16%), Cholesterol: 106.81mg (35.6%), Sodium: 752.75mg (32.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.71g (29.41%), Vitamin C: 30.68mg (37.19%), Vitamin B6: 0.69mg (34.73%), Selenium: 18.16µg (25.94%), Potassium: 872.96mg (24.94%), Phosphorus: 247.39mg (24.74%), Vitamin B1: 0.36mg (23.83%), Vitamin B3: 4.71mg (23.54%), Vitamin A: 746.71IU (14.93%), Manganese: 0.29mg (14.48%), Fiber: 3.39g (13.57%), Vitamin B2: 0.22mg (13.13%), Magnesium: 50.26mg (12.57%), Vitamin B5: 1.1mg (10.99%), Copper: 0.22mg (10.86%), Zinc: 1.57mg (10.46%), Vitamin B12: 0.62µg (10.29%), Vitamin D: 1.35µg (9%), Calcium: 88.64mg (8.86%), Iron: 1.57mg (8.74%), Folate: 27.73µg (6.93%), Vitamin E: 0.88mg (5.85%), Vitamin K: 4.81µg (4.58%)