



Fried Smashed Potatoes with Lemons

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



48 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

Ingredients

- 2 pounds fingerling potatoes
- 2 tablespoons parsley leaves fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 3 cloves garlic peeled halved
- 4 servings kosher salt and pepper black freshly ground
- 3 tablespoons juice of lemon fresh
- 2 lemon zest
- 0.3 cup olive oil as needed

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Equipment

- bowl
- frying pan
- whisk
- pot
- spatula
- colander

Directions

- Watch how to make this recipe.
- Put the potatoes in an 8-quart stockpot with enough cold water to cover by at least 2 inches. Bring the water to a boil over medium heat and cook until the potatoes are tender, about 20 to 25 minutes.
- Drain the potatoes in a colander and allow to dry for 5 minutes. Using the palm of your hand, gently press the potatoes until lightly smashed.
- In a large, nonstick skillet, heat 1/4 cup of oil over medium-high heat.
- Add the garlic and cook until fragrant and lightly brown, about 1 minute.
- Remove the garlic and discard. In batches, add the potatoes and cook, without stirring, until the bottoms turn golden brown, about 5 to 8 minutes. Using a spatula, turn the potatoes over and cook, drizzling with oil, if needed, until golden brown on the other side for another 5 to 8 minutes.
- For the dressing: In a small bowl, whisk together the oil, lemon juice, parsley, thyme, and lemon zest. Season with salt and pepper, to taste.
- Spoon the dressing over the potatoes and toss gently until coated. Season with salt and pepper, to taste.
- Transfer the potatoes to a serving bowl and serve.

Nutrition Facts



■ PROTEIN 4.88% ■ FAT 53.66% ■ CARBS 41.46%

Properties

Glycemic Index:55.69, Glycemic Load:29.33, Inflammation Score:-9, Nutrition Score:16.228695620661%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 396.77kcal (19.84%), Fat: 24.3g (37.38%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 42.24g (14.08%), Net Carbohydrates: 36.52g (13.28%), Sugar: 2.22g (2.46%), Cholesterol: 0mg (0%), Sodium: 16.06mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.95%), Vitamin C: 59.07mg (71.6%), Vitamin K: 51.76µg (49.29%), Vitamin B6: 0.72mg (35.77%), Potassium: 1003.53mg (28.67%), Vitamin E: 3.52mg (23.47%), Fiber: 5.72g (22.9%), Manganese: 0.43mg (21.6%), Magnesium: 57.82mg (14.46%), Phosphorus: 137.15mg (13.71%), Copper: 0.27mg (13.51%), Iron: 2.41mg (13.41%), Vitamin B1: 0.19mg (12.87%), Vitamin B3: 2.49mg (12.44%), Folate: 42.84µg (10.71%), Vitamin B5: 0.73mg (7.26%), Vitamin B2: 0.09mg (5.27%), Vitamin A: 259.08IU (5.18%), Zinc: 0.75mg (5.01%), Calcium: 46.51mg (4.65%), Selenium: 1.04µg (1.48%)