



Garlic-Smashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 3 tablespoons chives fresh chopped
- ☐ 6 large garlic clove peeled
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.5 cup cream sour
- ☐ 1.8 pounds yukon gold potatoes unpeeled scrubbed (16)

Equipment

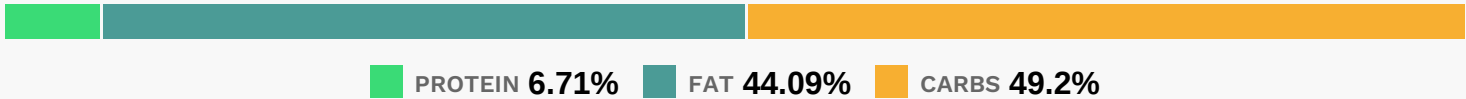
- ☐ pot

- ☐ broiler
- ☐ pie form

Directions

- ☐ Generously butter glass pie dish. Cook potatoes and garlic in medium pot of boiling salted water until potatoes are tender, about 15 minutes.
- ☐ Drain; let stand 5 minutes. Discard garlic. Arrange potatoes close together in prepared dish. Using wooden spoon, smash potatoes coarsely until they split open.
- ☐ Drizzle with oil; dot with butter.
- ☐ Sprinkle with salt and pepper.
- ☐ Preheat broiler. Broil potatoes until crisp and golden, watching closely to avoid burning, 8 to 10 minutes. Top with dollop of sour cream; sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:34.79, Glycemic Load:17.21, Inflammation Score:-4, Nutrition Score:8.2052174573359%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 198.83kcal (9.94%), Fat: 9.98g (15.36%), Saturated Fat: 4.7g (29.35%), Carbohydrates: 25.06g (8.35%), Net Carbohydrates: 22.05g (8.02%), Sugar: 1.75g (1.94%), Cholesterol: 21.34mg (7.11%), Sodium: 44.49mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin C: 28.04mg (33.99%), Vitamin B6: 0.44mg (21.88%), Potassium: 598.55mg (17.1%), Manganese: 0.26mg (13.01%), Fiber: 3.01g (12.04%), Phosphorus: 96.56mg (9.66%), Magnesium: 33.82mg (8.45%), Copper: 0.16mg (7.88%), Vitamin B1: 0.12mg (7.8%), Vitamin K: 7.78µg (7.41%), Vitamin B3: 1.44mg (7.22%), Iron: 1.13mg (6.3%), Vitamin A: 304.24IU (6.08%), Folate: 24.12µg (6.03%), Vitamin B5: 0.48mg (4.84%), Vitamin B2: 0.08mg (4.77%), Calcium: 43.19mg (4.32%), Vitamin E: 0.54mg (3.57%), Zinc: 0.49mg (3.3%), Selenium: 1.59µg (2.27%)