



Goat Cheese Smashed Potatoes

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



288 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 4 tablespoons butter cut into pieces, at room temperature
- ☐ 2 cloves garlic minced
- ☐ 8 ounces goat cheese fresh crumbled
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup warm milk
- ☐ 2 pounds russet potatoes peeled cut into 1 1/2-inch pieces
- ☐ 1 pound yams white peeled cut into 3-inch pieces

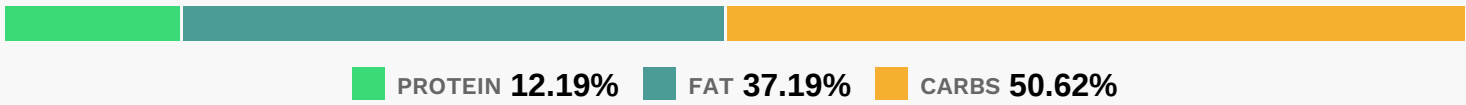
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ stand mixer

Directions

- ☐ Place the potatoes and yams in a large saucepan, cover with cold water and season with salt. Bring to a boil and cook until fork-tender, 15 to 20 minutes.
- ☐ Drain the potatoes and yams and place in a stand mixer fitter with a whisk attachment.
- ☐ Add the goat cheese, butter and garlic and mix on low just until smooth, being careful not to over-mix or the potatoes will become gummy. Season with salt and pepper. If necessary, add the milk to loosen.

Nutrition Facts



Properties

Glycemic Index:39.82, Glycemic Load:23.33, Inflammation Score:-5, Nutrition Score:11.426956638046%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 287.72kcal (14.39%), Fat: 12.09g (18.61%), Saturated Fat: 7.93g (49.54%), Carbohydrates: 37.04g (12.35%), Net Carbohydrates: 33.17g (12.06%), Sugar: 1.62g (1.8%), Cholesterol: 29.01mg (9.67%), Sodium: 163.17mg (7.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.85%), Vitamin B6: 0.64mg (32.15%), Potassium: 961.69mg (27.48%), Manganese: 0.47mg (23.49%), Copper: 0.43mg (21.51%), Vitamin C: 16.39mg (19.87%), Phosphorus: 176.97mg (17.7%), Fiber: 3.87g (15.46%), Vitamin B1: 0.18mg (12.18%), Vitamin A: 560.67IU (11.21%), Magnesium: 44.11mg (11.03%), Vitamin B2: 0.18mg (10.43%), Iron: 1.85mg (10.3%), Folate: 32.58µg (8.15%), Vitamin B3: 1.63mg (8.14%), Calcium: 77.37mg (7.74%), Vitamin B5: 0.76mg (7.56%), Zinc: 0.77mg (5.16%), Vitamin K: 4.71µg (4.48%), Vitamin E: 0.43mg (2.86%), Selenium: 1.98µg (2.82%), Vitamin B12: 0.11µg (1.78%), Vitamin D: 0.2µg (1.32%)