



Herb-Parmesan Smashed Potatoes

 Gluten Free

READY IN



33 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 2 tablespoons flat-leaf parsley fresh chopped
- 2 teaspoons rosemary fresh chopped
- 0.5 cup half-and-half
- 1 cup parmigiano-reggiano cheese freshly grated
- 0.5 teaspoon pepper freshly ground
- 3 pounds russet potatoes
- 1 teaspoon salt

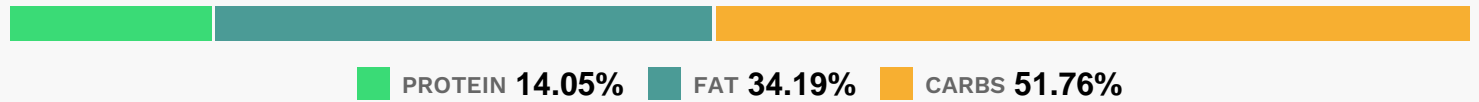
Equipment

- potato masher
- microwave

Directions

- Pierce potatoes with a fork. Microwave on HIGH 13 to 15 minutes or until tender; let cool slightly. Peel potatoes; mash with a potato masher.
- Add butter and remaining ingredients, mashing until blended.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.22, Glycemic Load:24.31, Inflammation Score:-5, Nutrition Score:10.480869532927%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 241.54kcal (12.08%), Fat: 9.38g (14.42%), Saturated Fat: 5.86g (36.63%), Carbohydrates: 31.94g (10.65%), Net Carbohydrates: 29.66g (10.79%), Sugar: 1.79g (1.99%), Cholesterol: 25.08mg (8.36%), Sodium: 543.02mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.34%), Vitamin B6: 0.61mg (30.36%), Potassium: 749.46mg (21.41%), Phosphorus: 196.73mg (19.67%), Vitamin K: 20.44µg (19.47%), Calcium: 189.75mg (18.97%), Manganese: 0.29mg (14.41%), Vitamin C: 11.17mg (13.54%), Magnesium: 46.98mg (11.75%), Vitamin B1: 0.15mg (10.01%), Copper: 0.18mg (9.2%), Iron: 1.65mg (9.18%), Vitamin B3: 1.83mg (9.14%), Fiber: 2.28g (9.12%), Vitamin B2: 0.13mg (7.65%), Vitamin A: 369.72IU (7.39%), Folate: 26.87µg (6.72%), Vitamin B5: 0.62mg (6.24%), Zinc: 0.91mg (6.09%), Selenium: 4.04µg (5.77%), Vitamin B12: 0.19µg (3.13%), Vitamin E: 0.21mg (1.42%)