



Loaded Smashed Potatoes

 **Gluten Free**  **Popular**

READY IN



55 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

Ingredients

- 2 strips bacon
- 2 green onions sliced
- 1 pound new potatoes washed ()
- 2 tablespoons oil
- 4 servings salt and pepper to taste
- 0.5 cup cheddar cheese shredded
- 0.3 cup cup heavy whipping cream sour

Equipment

- bowl
- baking sheet
- oven
- potato masher

Directions

- Bring the potatoes and enough water to cover them by an inch to a boil, reduce the heat and simmer until a fork can easily be pushed into them, about 15–30 minutes depending on the size of the potatoes, before draining them.
- Place the potatoes on a greased baking sheet and 'smash' them by pressing down on them with something like a potato masher, the bottom of a glass or bowl, etc.
- Brush the potatoes with oil, season with salt and pepper and bake them on the top shelf of a preheated 450F oven until golden brown and crispy on top, about 20 minutes. Meanwhile cook and crumble the bacon.
- Sprinkle the cheddar onto the potatoes and optionally broil for a minute to melt the cheese. Top with the sour cream, bacon and green onions and enjoy as a side or as an appetizer!

Nutrition Facts

PROTEIN 10.36% **FAT 59.81%** **CARBS 29.83%**

Properties

Glycemic Index:35.69, Glycemic Load:14.69, Inflammation Score:-4, Nutrition Score:9.8856522052184%

Flavonoids

Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 283.08kcal (14.15%), Fat: 19.07g (29.34%), Saturated Fat: 6.17g (38.58%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 18.75g (6.82%), Sugar: 1.56g (1.73%), Cholesterol: 29.87mg (9.96%), Sodium: 371.21mg (16.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.86%), Vitamin C: 23.6mg (28.6%), Vitamin K: 20.12µg (19.16%), Vitamin B6: 0.38mg (19.15%), Phosphorus: 158.31mg (15.83%), Potassium: 544.63mg (15.56%), Calcium: 132.98mg (13.3%), Fiber: 2.65g (10.6%), Selenium: 7.12µg (10.17%), Vitamin E: 1.48mg (9.85%), Manganese: 0.19mg (9.39%), Vitamin B1: 0.13mg (8.76%), Magnesium: 33.86mg (8.46%), Vitamin B3: 1.69mg (8.45%), Vitamin B2:

0.14mg (8.03%), Zinc: 1.05mg (6.99%), Copper: 0.14mg (6.97%), Folate: 25.81µg (6.45%), Vitamin A: 297.25IU (5.94%), Iron: 1.05mg (5.85%), Vitamin B5: 0.51mg (5.08%), Vitamin B12: 0.23µg (3.92%)