



## Panfried Smashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup parmesan grated
- ☐ 8 medium potatoes – remove skin red ( 2 inches long;)

### Equipment

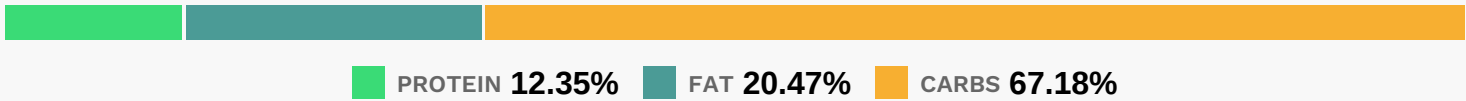
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

- ☐ potato masher
- ☐ spatula

## Directions

- ☐ Generously cover potatoes with cold water in a 3-to 4-quart pot and add 1 tablespoon salt. Boil until almost tender, 10 to 15 minutes.
- ☐ Drain potatoes.
- ☐ Transfer to a baking sheet and lightly crush to about 3/4 inch thick with a potato masher, keeping potatoes intact as much as possible.
- ☐ Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers.
- ☐ Transfer potatoes with a spatula to skillet, then lower heat to medium-low and cook, turning once, until golden brown, about 20 minutes total.
- ☐ Serve sprinkled with cheese. Season generously with pepper.
- ☐ Fried potatoes can be kept warm in a sheet pan in a 200°F oven up to 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:19.836521507605%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

## Nutrients (% of daily need)

Calories: 394.94kcal (19.75%), Fat: 9.23g (14.19%), Saturated Fat: 2.95g (18.41%), Carbohydrates: 68.14g (22.71%), Net Carbohydrates: 60.89g (22.14%), Sugar: 5.6g (6.22%), Cholesterol: 8.5mg (2.83%), Sodium: 277.04mg (12.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.52g (25.04%), Potassium: 1949.85mg (55.71%), Vitamin C: 36.64mg (44.41%), Vitamin B6: 0.74mg (36.78%), Phosphorus: 346.61mg (34.66%), Manganese: 0.6mg (30.16%), Fiber: 7.24g (28.97%), Copper: 0.57mg (28.74%), Magnesium: 99.22mg (24.81%), Vitamin B3: 4.93mg (24.64%), Vitamin B1: 0.35mg (23.33%), Folate: 77.56µg (19.39%), Calcium: 190.65mg (19.07%), Iron: 3.24mg (18.01%), Vitamin K: 15.82µg (15.06%), Vitamin B5: 1.25mg (12.45%), Zinc: 1.75mg (11.66%), Vitamin B2: 0.17mg (10.21%), Selenium: 4.94µg (7.06%), Vitamin E: 0.85mg (5.65%), Vitamin A: 127.44IU (2.55%), Vitamin B12: 0.15µg (2.5%)