



Parmesan and Black Pepper Smashed Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baking potatoes peeled cut into 1-inch pieces
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1.5 cups milk 2% reduced-fat
- ☐ 6 ounces parmigiano-reggiano cheese freshly grated
- ☐ 1.3 teaspoons salt divided

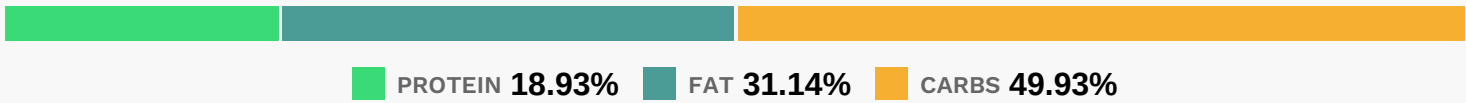
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Place potatoes in a saucepan, and cover with cold water to 2 inches above.
- ☐ Add 1/4 teaspoon salt; bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Return the potatoes to pan over low heat; add remaining 1 teaspoon salt and butter to pan. Mash the potatoes with a potato masher to desired consistency.
- ☐ Add cheese and pepper to potato mixture; stir until cheese melts. Stir in milk; cook 1 minute or until thoroughly heated, stirring frequently.
- ☐ Remove from heat; stir in parsley.

Nutrition Facts



Properties

Glycemic Index:18.81, Glycemic Load:16.27, Inflammation Score:-4, Nutrition Score:8.9121740058712%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg

Nutrients (% of daily need)

Calories: 177.39kcal (8.87%), Fat: 6.24g (9.6%), Saturated Fat: 3.93g (24.56%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 20.98g (7.63%), Sugar: 2.32g (2.58%), Cholesterol: 17.02mg (5.67%), Sodium: 504.58mg (21.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.54g (17.08%), Calcium: 220.96mg (22.1%), Vitamin K: 23.21µg (22.1%), Vitamin B6: 0.42mg (20.84%), Phosphorus: 189.36mg (18.94%), Potassium: 536.41mg (15.33%), Manganese: 0.2mg (10.18%), Vitamin C: 8.19mg (9.92%), Magnesium: 36.46mg (9.11%), Vitamin B2: 0.14mg (8.31%), Vitamin B1: 0.11mg (7.42%), Iron: 1.19mg (6.61%), Copper: 0.13mg (6.34%), Selenium: 4.41µg (6.3%), Vitamin B3: 1.26mg (6.29%), Fiber: 1.55g (6.19%), Vitamin A: 306.22IU (6.12%), Zinc: 0.88mg (5.85%), Vitamin B12: 0.33µg (5.51%), Vitamin B5: 0.52mg (5.2%), Folate: 20.33µg (5.08%)