



Parmesan Potato Puffs

 Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 36 servings basil leaves for garnish
- ☐ 4 large egg whites
- ☐ 0.8 cup grana padano cheese freshly grated plus more for sprinkling (2 ounces)
- ☐ 0.8 cup heavy cream
- ☐ 6 ounces brine-cured olives black such as gaeta, pitted and coarsely chopped (3/4 cup)
- ☐ 36 servings salt and pepper freshly ground
- ☐ 3 tablespoons butter unsalted melted
- ☐ 1.5 pounds yukon gold potatoes peeled cut into 2-inch chunks

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ potato masher
- ☐ spatula

Directions

- ☐ Cook the potatoes in a medium saucepan of boiling salted water until tender, about 15 minutes.
- ☐ Drain the potatoes and return them to the pan. Set the pan over moderately high heat and shake for about 1 minute to dry out the potatoes. Using a potato masher, mash the potatoes in the pan. Stir in the cream, Parmigiano-Reggiano and the 3 tablespoons of butter and season generously with salt and pepper. Scrape the mashed potatoes into a large bowl and set aside to cool to room temperature.
- ☐ Preheat the oven to 47
- ☐ In a large stainless-steel bowl, beat the egg whites with a pinch of salt until soft peaks form. Stir one-third of the whites into the mashed potatoes to loosen them, then fold in the remaining whites with a rubber spatula until blended.
- ☐ Butter 2 large rimmed baking sheets. Drop rounded tablespoons of the potato mixture onto the sheets about 1/2 inch apart. Flatten each mound slightly to form a disk.
- ☐ Brush the mounds with the melted butter and sprinkle with some grated cheese.
- ☐ Bake for about 10 minutes, or until lightly puffed and golden.
- ☐ Meanwhile, in a bowl, combine the olives and basil. Top each puff with 1/2 teaspoon of the olive mixture and serve.
- ☐ Make Ahead: The puffs can be prepared through Step 2 and refrigerated for up to 2 days. Or they can be baked earlier in the day and reheated in a 400 oven for 5 minutes.

Nutrition Facts



 **PROTEIN 12.22%**  **FAT 62.01%**  **CARBS 25.77%**

Properties

Glycemic Index:5.02, Glycemic Load:2.45, Inflammation Score:-2, Nutrition Score:2.3813043392223%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 57.16kcal (2.86%), Fat: 4.03g (6.21%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.17g (1.15%), Sugar: 0.37g (0.41%), Cholesterol: 9.53mg (3.18%), Sodium: 309.64mg (13.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin K: 9µg (8.57%), Vitamin C: 4.11mg (4.99%), Vitamin A: 242.76IU (4.86%), Calcium: 36.86mg (3.69%), Vitamin B6: 0.06mg (3.21%), Phosphorus: 30.25mg (3.02%), Potassium: 100.38mg (2.87%), Manganese: 0.05mg (2.66%), Fiber: 0.6g (2.41%), Vitamin B2: 0.04mg (2.39%), Selenium: 1.47µg (2.1%), Magnesium: 7.84mg (1.96%), Vitamin E: 0.28mg (1.83%), Copper: 0.04mg (1.81%), Iron: 0.26mg (1.45%), Folate: 5.05µg (1.26%), Vitamin B1: 0.02mg (1.25%), Vitamin B3: 0.24mg (1.21%)