



Parmesan Smashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



333 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1.5 cups half-and-half
- 1 tablespoon kosher salt plus 2 teaspoons
- 0.5 cup parmesan freshly grated
- 3 pounds potatoes red unpeeled
- 0.5 cup heavy whipping cream sour
- 0.3 pound butter unsalted (1 stick)

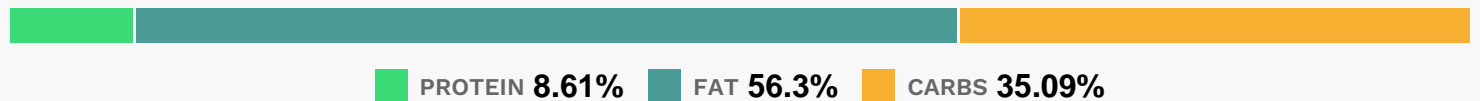
Equipment

- bowl
- sauce pan
- hand mixer

Directions

- Place the potatoes and 1 tablespoon of salt in a 4-quart saucepan with cold water to cover. Bring to a boil, lower the heat, and simmer covered for 25 to 35 minutes, until the potatoes are completely tender.
- Drain.
- In a small saucepan, heat the half-and-half and butter.
- Transfer the potatoes to an electric mixer fitted with the paddle attachment and mix them for a few seconds on low speed to break them up. Slowly add the hot cream and butter to the potatoes, mixing on the lowest speed (the last quarter of cream and butter should be folded in by hand). Fold in the sour cream, Parmesan, the remaining salt, and pepper; season, to taste, and serve immediately. If the potatoes are too thick, add more hot cream and butter.
- Keep the smashed potatoes hot in a heat-proof bowl set over simmering water.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:10.455652045167%

Flavonoids

Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 333.42kcal (16.67%), Fat: 21.36g (32.86%), Saturated Fat: 13.01g (81.31%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 27.03g (9.83%), Sugar: 4.62g (5.13%), Cholesterol: 59.09mg (19.7%), Sodium: 1036.52mg (45.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.71%), Potassium: 862.8mg (24.65%), Phosphorus: 204.76mg (20.48%), Vitamin C: 15.17mg (18.38%), Vitamin B6: 0.32mg (16.21%), Calcium: 158.58mg (15.86%), Vitamin A: 665.81IU (13.32%), Manganese: 0.26mg (13.09%), Copper: 0.24mg (12.06%), Fiber: 2.92g (11.69%), Magnesium: 46.67mg (11.67%), Vitamin B2: 0.19mg (11.22%), Vitamin B1: 0.16mg (10.5%), Vitamin B3: 2.04mg (10.21%), Folate: 33.73µg (8.43%), Iron: 1.35mg (7.49%), Vitamin B5: 0.7mg (7%), Vitamin K: 7.04µg (6.71%), Zinc: 0.97mg (6.49%), Selenium: 4.39µg (6.27%), Vitamin B12: 0.22µg (3.59%), Vitamin E: 0.53mg (3.53%), Vitamin

D: 0.24µg (1.63%)