



Parmesan Smashed Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



335 kcal

SIDE DISH

Ingredients

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

Equipment

- bowl
- sauce pan
- hand mixer

Directions

- Place the potatoes and 1 tablespoon 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.
- Put the potatoes into the bowl of an electric mixer fitted with a 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 the cream and butter should be folded in by hand). Fold in the sour cream, Parmesan cheese and the remaining salt and pepper; taste for seasoning and serve immediately. If the potatoes are too thick, add more hot cream and butter.
- Photograph by Steve Giralt

Nutrition Facts

PROTEIN 8.12% **FAT 56.33%** **CARBS 35.55%**

Properties

Glycemic Index:4, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:10.449565177378%

Flavonoids

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

Nutrients (% of daily need)

Calories: 335.23kcal (16.76%), Fat: 21.5g (33.07%), Saturated Fat: 12.95g (80.96%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 27.6g (10.04%), Sugar: 4.57g (5.08%), Cholesterol: 60.28mg (20.09%), Sodium: 1045.77mg (45.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.94%), Potassium: 868.55mg (24.82%), Phosphorus: 201.01mg (20.1%), Vitamin C: 15.17mg (18.38%), Vitamin B6: 0.32mg (16.18%), Calcium: 139.83mg (13.98%), Vitamin A: 671.06IU (13.42%), Manganese: 0.27mg (13.3%), Copper: 0.24mg (12.09%), Fiber: 2.92g (11.69%), Magnesium: 46.1mg (11.53%), Vitamin B2: 0.19mg (11.27%), Vitamin B1: 0.16mg (10.45%), Vitamin B3: 2.03mg (10.15%), Folate: 33.66µg (8.42%), Selenium: 5.17µg (7.39%), Iron: 1.33mg (7.36%), Zinc: 1.07mg (7.15%), Vitamin B5: 0.69mg

(6.92%), Vitamin K: 7.04µg (6.71%), Vitamin B12: 0.22µg (3.75%), Vitamin E: 0.55mg (3.65%), Vitamin D: 0.24µg (1.63%)