



Parmesan Smashed Potatoes

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



345 kcal

SIDE DISH

Ingredients

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

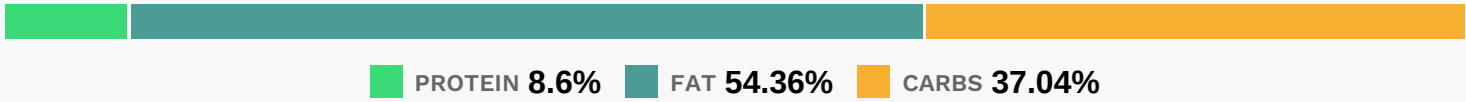
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Place the potatoes and 1 tablespoon of salt in a 4-quart saucepan and add cold water to cover. Bring to a boil, lower the heat and simmer covered for 25 to 35 minutes, until 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 the potatoes 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 should be folded in by hand). Fold in the sour cream, Parmesan cheese, the remaining salt, and pepper; taste for seasoning and serve immediately. If the potatoes are too thick, add more hot cream and butter.

Nutrition Facts



Properties

Glycemic Index:17.84, Glycemic Load:21.82, Inflammation Score:-6, Nutrition Score:11.783478275589%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 345.33kcal (17.27%), Fat: 21.28g (32.73%), Saturated Fat: 12.99g (81.22%), Carbohydrates: 32.62g (10.87%), Net Carbohydrates: 28.85g (10.49%), Sugar: 3.75g (4.17%), Cholesterol: 59.09mg (19.7%), Sodium: 1016.1mg (44.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.15%), Vitamin C: 34.05mg (41.27%), Vitamin B6: 0.54mg (26.84%), Potassium: 804.97mg (23%), Phosphorus: 197.96mg (19.8%), Calcium: 161.98mg (16.2%), Fiber: 3.77g (15.1%), Manganese: 0.28mg (14.11%), Vitamin A: 657.31IU (13.15%), Magnesium: 48.37mg (12.09%), Vitamin B2: 0.19mg (11.32%), Vitamin B1: 0.16mg (10.39%), Copper: 0.2mg (9.85%), Vitamin B3: 1.88mg (9.4%), Iron: 1.43mg (7.96%), Folate: 30.32µg (7.58%), Vitamin B5: 0.73mg (7.29%), Zinc: 0.91mg (6.04%), Selenium: 4.05µg

(5.79%), Vitamin K: 5.34µg (5.09%), Vitamin B12: 0.22µg (3.59%), Vitamin E: 0.53mg (3.53%), Vitamin D: 0.24µg (1.63%)