



Parmesan Smashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

SIDE DISH

Ingredients

- 2 pounds baby potatoes red sliced in half (they should all be the same size so they cook evenly)
- 6 tablespoons butter unsalted cut into tablespoons
- 0.5 cup parmesan grated
- 0.8 teaspoon salt
- 0.5 teaspoon pepper black
- 1 teaspoon chives fresh finely chopped

Equipment

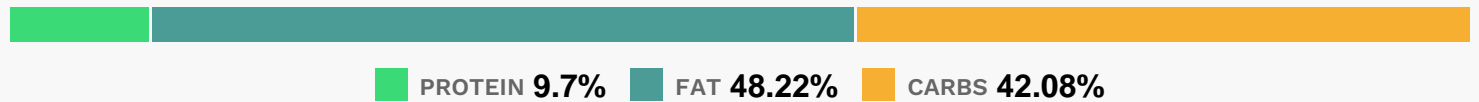
- bowl

- pot
- sieve
- slotted spoon

Directions

- Bring large pot of salted water to a boil. Cook potatoes until fork-tender, about 15 minutes.
- Use a slotted spoon or hand-held strainer to transfer cooked potatoes to a shallow bowl or serving dish. Reserve hot cooking water. Top potatoes with butter, Parmigiano Reggiano, salt and pepper. Use a fork to smash the potatoes, adding cooking liquid as necessary to make potatoes as creamy as you like (I usually add about a ½ cup total). Taste and adjust seasoning if necessary.
- Sprinkle fresh chives over top and serve.

Nutrition Facts



Properties

Glycemic Index:46.94, Glycemic Load:29.15, Inflammation Score:-6, Nutrition Score:14.082174031631%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 374.91kcal (18.75%), Fat: 20.48g (31.5%), Saturated Fat: 12.9g (80.63%), Carbohydrates: 40.21g (13.4%), Net Carbohydrates: 35.15g (12.78%), Sugar: 1.89g (2.1%), Cholesterol: 53.65mg (17.88%), Sodium: 652.25mg (28.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.53%), Vitamin C: 44.82mg (54.33%), Vitamin B6: 0.68mg (34.11%), Potassium: 975.5mg (27.87%), Phosphorus: 221.6mg (22.16%), Fiber: 5.06g (20.24%), Manganese: 0.38mg (19.21%), Calcium: 181.86mg (18.19%), Magnesium: 58.63mg (14.66%), Copper: 0.26mg (12.82%), Vitamin A: 639.2IU (12.78%), Vitamin B1: 0.19mg (12.52%), Vitamin B3: 2.44mg (12.19%), Iron: 1.91mg (10.6%), Folate: 38.1µg (9.52%), Vitamin B5: 0.76mg (7.55%), Vitamin B2: 0.12mg (7.17%), Zinc: 1.03mg (6.84%), Vitamin K: 6.93µg (6.6%), Selenium: 3.72µg (5.31%), Vitamin E: 0.54mg (3.6%), Vitamin B12: 0.19µg (3.1%), Vitamin D: 0.38µg (2.52%)