



## Portuguese "Punched" Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



174 kcal

BEVERAGE

DRINK

### Ingredients

- 1 large garlic clove thinly sliced
- 0.5 teaspoon kosher salt
- 3 tablespoons olive oil extra-virgin
- 0.3 teaspoon pepper freshly ground
- 1 pounds round potatoes red unpeeled scrubbed

### Equipment

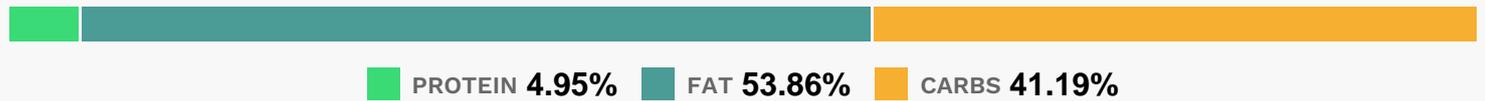
- oven
- baking pan

- rolling pin
- meat tenderizer

## Directions

- Preheat oven to 40
- Combine garlic and olive oil; let steep 40 minutes.
- Roast potatoes in a shallow baking pan at 400 on the middle oven rack for 40 minutes or until potatoes are tender.
- "Punch" each potato, exposing the flesh, by whacking with a rolling pin or meat mallet. Arrange potatoes on a warm serving dish.
- Strain olive oil, and drizzle over potatoes; sprinkle with kosher salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:5.5900000508713%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 173.63kcal (8.68%), Fat: 10.67g (16.41%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 16.38g (5.96%), Sugar: 1.47g (1.63%), Cholesterol: 0mg (0%), Sodium: 311.46mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Potassium: 520.79mg (14.88%), Vitamin C: 9.99mg (12.1%), Vitamin E: 1.53mg (10.17%), Vitamin B6: 0.2mg (10.12%), Manganese: 0.19mg (9.46%), Vitamin K: 9.83µg (9.36%), Fiber: 1.98g (7.9%), Copper: 0.16mg (7.8%), Phosphorus: 70.52mg (7.05%), Vitamin B3: 1.31mg (6.55%), Magnesium: 25.36mg (6.34%), Vitamin B1: 0.09mg (6.23%), Folate: 20.46µg (5.11%), Iron: 0.91mg (5.08%), Vitamin B5: 0.32mg (3.23%), Zinc: 0.39mg (2.57%), Vitamin B2: 0.04mg (2.13%), Calcium: 13.54mg (1.35%)