



Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

Ingredients

- 1.5 pounds "creamer" potatoes (16)
- 0.3 cup flat-leaf parsley fresh italian chopped
- 0.3 cup garlic chopped
- 2 teaspoons lemon zest grated
- 0.3 cup olive oil extra-virgin
- 4 servings vegetable oil; peanut oil preferred
- 4 servings sea salt black freshly ground

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- knife
- pot
- slotted spoon

Directions

- Put the potatoes in a large pot of cold, well salted water to cover. Bring to a boil and cook until a knife slips in easily, 15 to 20 minutes.
- Drain the potatoes.
- Place on a cookie sheet and refrigerate until cool.
- When they are cool enough to handle, hold 1 between your hands as if you were clapping and press gently with the heel of 1 hand. You want to smash the potato to about a 1/2-inch thickness while keeping it in 1 piece. The skin will split, but the potato should not fall apart. Repeat with the remaining potatoes. You can prepare the potatoes to this point several hours ahead.
- Pour 1/2-inch of peanut oil in the large skillet and heat over moderately high heat.
- Combine the parsley, garlic, and lemon zest in a serving bowl and set aside.
- When the oil begins to smoke, carefully put the smashed potatoes in the oil and cook on both sides until crisp and well browned, 8 to 10 minutes. With a slotted spoon, transfer to paper towels to drain. Season with salt and pepper.
- Heat the olive oil in a small skillet over moderately high heat.
- Add the garlic and saute until lightly browned. With a slotted spoon, transfer the garlic to the bowl with the parsley-lemon mixture.
- When the potatoes are ready, add them to the garlic mixture and toss gently.
- Serve immediately. Save the leftover garlic oil and use it to dress a salad or vegetables the following day.

Nutrition Facts



■ PROTEIN 4.13% ■ FAT 62.71% ■ CARBS 33.16%

Properties

Glycemic Index:44.44, Glycemic Load:22.59, Inflammation Score:-6, Nutrition Score:14.704782485962%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 388.81kcal (19.44%), Fat: 27.73g (42.66%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 28.82g (10.48%), Sugar: 1.49g (1.65%), Cholesterol: 0mg (0%), Sodium: 14.1mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.23%), Vitamin K: 73.26µg (69.78%), Vitamin C: 42.44mg (51.44%), Vitamin B6: 0.61mg (30.63%), Vitamin E: 4.2mg (27.98%), Potassium: 774.03mg (22.12%), Manganese: 0.42mg (21.06%), Fiber: 4.18g (16.7%), Phosphorus: 112.41mg (11.24%), Magnesium: 43.44mg (10.86%), Copper: 0.22mg (10.85%), Vitamin B1: 0.16mg (10.47%), Iron: 1.8mg (10.01%), Vitamin B3: 1.91mg (9.53%), Folate: 33.32µg (8.33%), Vitamin A: 321.11IU (6.42%), Vitamin B5: 0.57mg (5.74%), Calcium: 42.89mg (4.29%), Zinc: 0.64mg (4.25%), Vitamin B2: 0.07mg (4.03%), Selenium: 1.73µg (2.48%)