



Rosemary Smashed Potatoes

 Vegetarian

READY IN



33 min.

SERVINGS



4

CALORIES



299 kcal

SIDE DISH

Ingredients

- 1 ginger tea bags reynolds®
- 1 tablespoon flour
- 1 teaspoons rosemary dried crushed
- 0.8 teaspoon salt
- 0.3 teaspoon pepper
- 0.5 teaspoon garlic powder
- 1.5 lb potatoes - remove skin red halved quartered
- 2 tablespoons olive oil

- 0.5 cup cream sour
- 2 tablespoons butter cut in small pieces
- 3 spring onion sliced thin

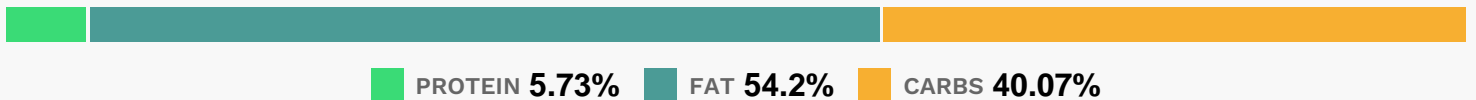
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 400°F.
- Place Reynolds® Oven Bag in 13x9x2-inch pan.
- Add flour, rosemary, salt, pepper and garlic powder. Squeeze bag to blend seasonings.
- Add potatoes and olive oil to bag. Turn bag several times to coat potatoes with seasonings. Arrange potatoes in an even layer.
- Close bag with nylon tie; cut six 1/2-inch slits in top. Tuck ends of bag in pan.
- Bake 25 to 30 minutes or until potatoes are tender when pierced with a fork. Carefully cut bag open.
- Spoon potatoes into bowl; mash lightly with a fork.
- Add sour cream, butter and green onions; mix lightly.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:1.2, Inflammation Score:-5, Nutrition Score:10.413043509359%

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 Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 299.41kcal (14.97%), Fat: 18.54g (28.52%), Saturated Fat: 7.54g (47.11%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 27.59g (10.03%), Sugar: 3.4g (3.78%), Cholesterol: 32.01mg (10.67%), Sodium: 522.45mg (22.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Vitamin K: 28.91µg (27.53%), Potassium: 844.94mg (24.14%), Vitamin C: 16.6mg (20.12%), Vitamin B6: 0.31mg (15.72%), Manganese: 0.29mg (14.57%), Phosphorus: 134.41mg (13.44%), Fiber: 3.25g (13.01%), Copper: 0.25mg (12.37%), Vitamin B1: 0.17mg (11.03%), Magnesium: 43.22mg (10.8%), Vitamin B3: 2.15mg (10.73%), Folate: 42.02µg (10.5%), Vitamin A: 457.15IU (9.14%), Vitamin E: 1.35mg (9.01%), Iron: 1.57mg (8.71%), Vitamin B2: 0.12mg (7.1%), Vitamin B5: 0.6mg (5.98%), Calcium: 56mg (5.6%), Zinc: 0.73mg (4.84%), Selenium: 2.77µg (3.96%), Vitamin B12: 0.07µg (1.2%)