



Rustic Smashed Red Potatoes



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup butter
- ☐ 8 ounce crème fraîche sour
- ☐ 8 servings sage leaves fresh
- ☐ 3 pounds potatoes red unpeeled cut into 1-inch pieces
- ☐ 0.5 teaspoon salt

Equipment

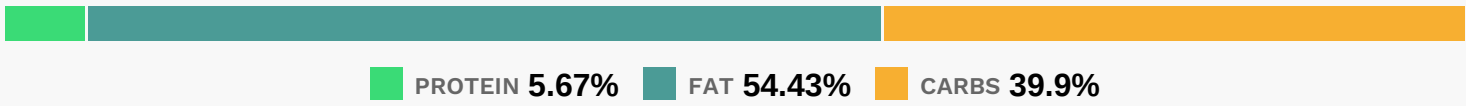
- ☐ sauce pan

- ☐ oven
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Melt butter in a small saucepan over medium-low heat. Cook, stirring occasionally, 10 minutes or until butter is golden brown and fragrant.
- ☐ Remove from heat.
- ☐ Meanwhile, place potatoes in salted water to cover in an 8-quart soup pot, and bring to a boil over medium-high heat. Reduce heat, and simmer 20 minutes or until tender; drain. Return potatoes to pot, and cook over low heat, stirring occasionally, 1 minute or until potatoes are dry.
- ☐ Remove from heat, and mash potatoes with crme frache, salt, and pepper. Stir in browned butter, reserving 1 to 2 tablespoons.
- ☐ Transfer potatoes to a 2-quart ovenproof serving dish.
- ☐ Drizzle with reserved brown butter, and sprinkle with sage leaves. Keep warm until ready to serve.
- ☐ If making ahead, cover dish with foil, and chill.
- ☐ Remove from refrigerator, and let stand at room temperature 30 minutes.
- ☐ Bake at 350 for 30 to 45 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:8.8326086842495%

Flavonoids

Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 277.3kcal (13.86%), Fat: 17.25g (26.54%), Saturated Fat: 10.22g (63.86%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 25.53g (9.28%), Sugar: 3.17g (3.52%), Cholesterol: 47.23mg (15.74%), Sodium: 276mg (12%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Potassium: 814.65mg (23.28%), Vitamin C: 14.88mg (18.04%), Copper: 0.36mg (17.89%), Vitamin B6: 0.3mg (15.08%), Manganese: 0.26mg (13.17%), Phosphorus: 128.92mg (12.89%), Fiber: 2.93g (11.7%), Vitamin A: 543.75IU (10.88%), Magnesium: 40.83mg (10.21%), Vitamin B3: 1.99mg (9.94%), Vitamin B1: 0.14mg (9.63%), Folate: 32.77µg (8.19%), Iron: 1.28mg (7.12%), Vitamin K: 6.56µg (6.24%), Vitamin B2: 0.11mg (6.2%), Vitamin B5: 0.59mg (5.87%), Calcium: 49.96mg (5%), Zinc: 0.67mg (4.47%), Vitamin E: 0.46mg (3.03%), Selenium: 2.05µg (2.93%), Vitamin B12: 0.08µg (1.39%)