



## Smashed Fried Lemon Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

### Ingredients

- 1.5 pound fingerling potatoes (24 oz. bag)
- 1 tablespoon parsley fresh italian chopped
- 1 teaspoon rosemary leaves fresh chopped
- 1 teaspoon thyme sprigs fresh chopped
- 2 garlic clove peeled
- 1 juice of lemon
- 1 lemon zest
- 2 tablespoon olive oil

1 teaspoon red wine vinegar

0.5 teaspoon sea salt

## Equipment

bowl

frying pan

pot

spatula

## Directions

In a large pot of salted water place the well-scrubbed potatoes. Bring to a boil and cook until the potatoes are tender, about 20 minutes.

Drain the potatoes and rinse with cold water. Using the palm, or the back of a large spatula, press the potatoes until slightly mashed. In a large skillet, heat the olive oil over medium high heat.

Add the garlic and cook until slightly brown.

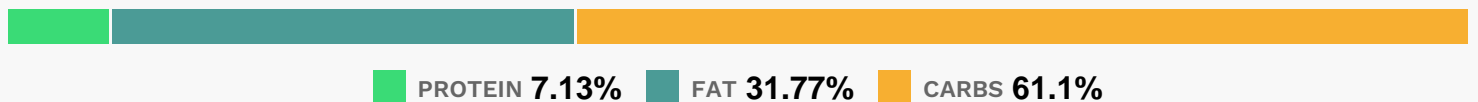
Remove and toss.

Add the potatoes and cook without stirring for about 5 to 10 minutes, the bottoms need to be a nice golden brown color. Using a spatula or cooking thongs, turn and cook another 5 to 8 minutes.

Transfer to a plate. In a bowl mix together the lemon zest, lemon juice, olive oil, rosemary, parsley, thyme, vinegar and sea salt.

Add the potatoes and coat them well gently.

## Nutrition Facts



## Properties

Glycemic Index:47.69, Glycemic Load:21.93, Inflammation Score:-7, Nutrition Score:10.538695652174%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## **Nutrients (% of daily need)**

Calories: 198.58kcal (9.93%), Fat: 7.2g (11.08%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 31.16g (10.39%), Net Carbohydrates: 27.1g (9.86%), Sugar: 1.6g (1.78%), Cholesterol: 0mg (0%), Sodium: 302.16mg (13.14%), Protein: 3.64g (7.28%), Vitamin C: 40.96mg (49.64%), Vitamin B6: 0.53mg (26.46%), Vitamin K: 23.87µg (22.73%), Potassium: 741.62mg (21.19%), Fiber: 4.06g (16.25%), Manganese: 0.3mg (14.9%), Magnesium: 41.55mg (10.39%), Phosphorus: 101.26mg (10.13%), Copper: 0.2mg (9.77%), Vitamin B1: 0.14mg (9.53%), Vitamin B3: 1.84mg (9.19%), Iron: 1.57mg (8.71%), Folate: 30.73µg (7.68%), Vitamin E: 1.05mg (6.99%), Vitamin B5: 0.53mg (5.33%), Vitamin B2: 0.06mg (3.63%), Zinc: 0.54mg (3.6%), Calcium: 29.4mg (2.94%), Vitamin A: 113.46IU (2.27%), Selenium: 0.74µg (1.06%)