



Smashed New Potatoes with Garlic and Chives



Vegetarian



Gluten Free



Popular

READY IN



75 min.

SERVINGS



3

CALORIES



219 kcal

SIDE DISH

Ingredients

- ☐ 1 pounds yukon golds
- ☐ 3 tablespoons butter unsalted
- ☐ 3 servings salt
- ☐ 1 garlic clove minced
- ☐ 1 tablespoons green onion greens minced

Equipment

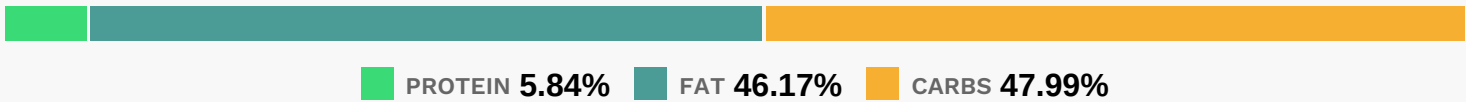
- ☐ oven
- ☐ pot

☐ potato masher

Directions

- ☐ Bake the potatoes: Preheat the oven to 350°F.
- ☐ Put the potatoes in a medium oven-proof pot (with a cover) and add about 1 tablespoon of the butter, cut into pieces. Cover and bake in the oven for 20 minutes.
- ☐ Coat the potatoes with butter, sprinkle with salt, return to oven: Take the potatoes out and mix them so they're coated with butter.
- ☐ Sprinkle the potatoes with salt. Return to the oven, cover, and cook for another 45 minutes to an hour, depending on how large the potatoes are.
- ☐ Test for doneness: To test for doneness, poke a potato with a fork. If the fork penetrates easily, they're done.
- ☐ Crush with potato masher, toss with garlic and butter: When the potatoes are nice and soft, remove the pot from the oven and, using a potato masher, crush each potato. Don't pound them into oblivion, just crush them. Toss with the garlic and remaining butter.
- ☐ Add more salt to taste.
- ☐ Sprinkle chives on the potatoes to serve.

Nutrition Facts



Properties

Glycemic Index:48.58, Glycemic Load:19.46, Inflammation Score:-5, Nutrition Score:8.4778260627519%

Flavonoids

Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 218.93kcal (10.95%), Fat: 11.5g (17.69%), Saturated Fat: 7.23g (45.2%), Carbohydrates: 26.9g (8.97%), Net Carbohydrates: 23.5g (8.55%), Sugar: 1.24g (1.38%), Cholesterol: 30.1mg (10.03%), Sodium: 204.89mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Vitamin C: 30.47mg (36.94%), Vitamin B6: 0.46mg (23%), Potassium: 649.47mg (18.56%), Fiber: 3.4g (13.6%), Manganese: 0.25mg (12.62%), Phosphorus:

91.81mg (9.18%), Magnesium: 35.71mg (8.93%), Copper: 0.17mg (8.52%), Vitamin B1: 0.12mg (8.32%), Vitamin B3: 1.62mg (8.09%), Vitamin K: 8.01µg (7.63%), Vitamin A: 372.91IU (7.46%), Iron: 1.23mg (6.84%), Folate: 25.92µg (6.48%), Vitamin B5: 0.47mg (4.7%), Vitamin B2: 0.06mg (3.28%), Zinc: 0.47mg (3.14%), Calcium: 24.87mg (2.49%), Vitamin E: 0.35mg (2.34%), Vitamin D: 0.21µg (1.4%), Selenium: 0.75µg (1.07%)