



Smashed New Potatoes with Peas, Lemon, and Pearl Onions

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



483 kcal

SIDE DISH

Ingredients

- 0.3 cup flat-leaf parsley roughly chopped
- 2 tablespoons optional: dill fresh roughly chopped
- 4 servings kosher salt and pepper black freshly ground
- 4 servings kosher salt and pepper black freshly-ground
- 5 slices optional: lemon
- 4 servings splash lemon juice freshly squeezed
- 1 lemon zest

- 4 servings olive oil extra-virgin
- 10 ounce pearl onions frozen
- 20 ounce peas frozen
- 1.5 pounds bliss potatoes red
- 1 pinch sugar
- 1 bunch watercress trimmed
- 3 tablespoons butter unsalted

Equipment

- bowl
- sauce pan
- knife
- pot
- colander

Directions

- Watch how to make this recipe.
- Put the potatoes into a large pot, cover them with cold water, and add a large pinch of salt. If they're large, cut them in half. Bring to a boil and simmer until the potatoes are fork tender, 20 to 30 minutes.
- Drain. Stick a fork into the potatoes, 1 at a time, lift them out of the colander and peel with a paring knife. Toss the potatoes into a bowl and roughly crush them.
- Drizzle with olive oil and season with salt and pepper.
- Heat 2 tablespoons olive oil with the butter in a medium saucepan over medium heat until the butter melts.
- Add the pearl onions, sugar, and lemon juice and cook, stirring frequently, until the onions are browned, 5 to 6 minutes.
- Add the lemon slices, peas, and lemon zest and continue cooking until the peas are hot. Season with salt and pepper. Dump the vegetables over the potatoes in the bowl, drizzle with extra-virgin olive oil add the parsley and dill and taste for salt and pepper. Scatter the watercress over the top, fold it in just until it wilts and call it a day.

Nutrition Facts

PROTEIN 9.98% FAT 42.26% CARBS 47.76%

Properties

Glycemic Index:98.42, Glycemic Load:29.08, Inflammation Score:-9, Nutrition Score:30.092173910659%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 2.6mg, Eriodictyol: 2.6mg, Eriodictyol: 2.6mg, Eriodictyol: 2.6mg Hesperetin: 4.61mg, Hesperetin: 4.61mg, Hesperetin: 4.61mg, Hesperetin: 4.61mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg, Isorhamnetin: 3.64mg Kaempferol: 3.35mg, Kaempferol: 3.35mg, Kaempferol: 3.35mg, Kaempferol: 3.35mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 17.73mg, Quercetin: 17.73mg, Quercetin: 17.73mg, Quercetin: 17.73mg

Nutrients (% of daily need)

Calories: 483.32kcal (24.17%), Fat: 23.42g (36.03%), Saturated Fat: 7.52g (47%), Carbohydrates: 59.55g (19.85%), Net Carbohydrates: 45.87g (16.68%), Sugar: 13.33g (14.81%), Cholesterol: 22.58mg (7.53%), Sodium: 26.81mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.88%), Vitamin C: 115.68mg (140.21%), Vitamin K: 125.28µg (119.32%), Fiber: 13.69g (54.74%), Manganese: 0.99mg (49.35%), Vitamin B6: 0.86mg (42.78%), Vitamin A: 1887.03IU (37.74%), Vitamin B1: 0.56mg (37.56%), Folate: 143.89µg (35.97%), Potassium: 1243.57mg (35.53%), Phosphorus: 282.27mg (28.23%), Vitamin B3: 4.94mg (24.69%), Magnesium: 98.66mg (24.67%), Copper: 0.48mg (24.14%), Iron: 3.99mg (22.19%), Vitamin E: 2.61mg (17.38%), Vitamin B2: 0.28mg (16.57%), Zinc: 2.45mg (16.32%), Calcium: 93.97mg (9.4%), Vitamin B5: 0.83mg (8.29%), Selenium: 3.65µg (5.22%), Vitamin D: 0.16µg (1.05%)