



Smashed Parmesan Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



147 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons olive oil extravirgin
- 0.7 cup milk fat-free
- 0.3 cup parmigiano-reggiano cheese fresh shredded
- 1.5 pounds potatoes red (9 potatoes)
- 0.5 teaspoon salt

Equipment

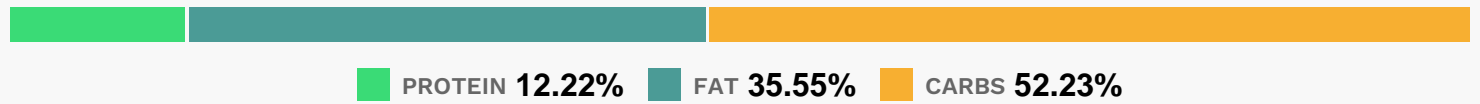
- frying pan

sauce pan

Directions

- Place potatoes in a large saucepan, and cover with water; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until potatoes are tender.
- Drain potatoes well; return to pan.
- Add milk and olive oil to hot potatoes, and coarsely mash. Fold in cheese, salt, and pepper.
- Add just enough water to cover the potatoes. Any more will only lengthen the time it takes to bring the water to a boil, therefore increasing your cook time.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:6.6365217436915%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 146.64kcal (7.33%), Fat: 5.93g (9.12%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 17.63g (6.41%), Sugar: 2.87g (3.19%), Cholesterol: 3.65mg (1.22%), Sodium: 292.24mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.17%), Potassium: 567.56mg (16.22%), Phosphorus: 127.48mg (12.75%), Vitamin C: 9.75mg (11.82%), Vitamin B6: 0.21mg (10.64%), Calcium: 97.51mg (9.75%), Manganese: 0.18mg (9.16%), Fiber: 1.97g (7.88%), Copper: 0.16mg (7.81%), Magnesium: 30.34mg (7.58%), Vitamin B1: 0.11mg (7.26%), Vitamin B3: 1.35mg (6.74%), Vitamin K: 6.44µg (6.13%), Folate: 21.28µg (5.32%), Iron: 0.91mg (5.03%), Vitamin B2: 0.08mg (5%), Vitamin E: 0.69mg (4.63%), Vitamin B5: 0.43mg (4.35%), Zinc: 0.61mg (4.09%), Vitamin B12: 0.21µg (3.46%), Selenium: 2.06µg (2.94%), Vitamin D: 0.32µg (2.14%), Vitamin A: 96.92IU (1.94%)