

Smashed Potatoes

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



271 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 1 teaspoon butter at room temperature
- 1 teaspoon rosemary dried
- 0.5 teaspoon sage dried
- 0.5 teaspoon savory dried
- 3 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 0.5 teaspoon ground thyme

- 0.3 cup olive oil
- 1.5 pounds yellow-fleshed potatoes
- 0.5 teaspoon sea salt

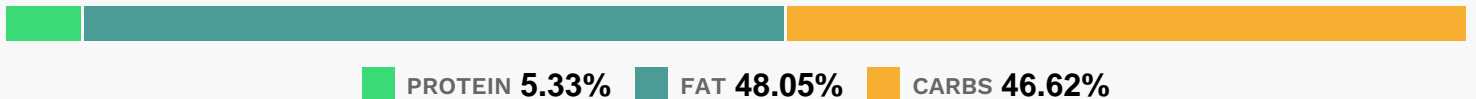
Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven

Directions

- Place potatoes in a saucepan, fill with water to cover the potatoes, and bring to a boil. Reduce heat to a simmer, and cook the potatoes until tender but not mushy, about 20 minutes.
- Drain and allow potatoes to cool.
- While potatoes are cooking, combine olive oil, butter, balsamic vinegar, garlic, rosemary, sage, thyme, savory, sea salt and pepper in a bowl. Stir with a fork to combine well.
- Preheat an oven to 450 degrees F (230 degrees C). Line a baking sheet with parchment paper.
- Place the potatoes in a single layer on the prepared baking sheet, and lightly press down on the potatoes to partially crush them. Spoon the oil-herb mixture over each potato.
- Bake in the preheated oven until the edges of the potatoes are beginning to crisp, about 25 minutes. Cool for about 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:78.94, Glycemic Load:22.68, Inflammation Score:-5, Nutrition Score:10.110434777387%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 270.8kcal (13.54%), Fat: 14.7g (22.62%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 28.18g (10.25%), Sugar: 2.55g (2.83%), Cholesterol: 2.69mg (0.9%), Sodium: 311.56mg (13.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin C: 34.3mg (41.57%), Vitamin B6: 0.53mg (26.61%), Potassium: 739.43mg (21.13%), Manganese: 0.35mg (17.62%), Fiber: 3.92g (15.68%), Vitamin K: 14.25µg (13.57%), Vitamin E: 2mg (13.36%), Magnesium: 41.54mg (10.38%), Phosphorus: 102.91mg (10.29%), Copper: 0.2mg (9.87%), Vitamin B1: 0.14mg (9.45%), Iron: 1.7mg (9.42%), Vitamin B3: 1.82mg (9.1%), Folate: 27.82µg (6.95%), Vitamin B5: 0.52mg (5.22%), Zinc: 0.54mg (3.6%), Vitamin B2: 0.06mg (3.44%), Calcium: 31.52mg (3.15%), Selenium: 0.86µg (1.23%)