



Smashed Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup spicy aioli
- ☐ 0.3 cup chicken broth
- ☐ 3 pounds russet potatoes
- ☐ 6 servings salt and pepper

Equipment

- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan, bring 2 1/2 quarts water to a boil.
- ☐ Meanwhile, peel potatoes and cut into 1 1/2-inch chunks.
- ☐ Add potatoes to boiling water, cover, and simmer until tender when pierced, about 20 minutes; drain.
- ☐ Mash potatoes, adding aioli and enough broth to make potatoes creamy.
- ☐ Stir in crab.
- ☐ Add salt and pepper to taste. Use in bouillabaisse or serve.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:32.23, Inflammation Score:-3, Nutrition Score:9.4430433730392%

Nutrients (% of daily need)

Calories: 223.51kcal (11.18%), Fat: 3.94g (6.06%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 42.28g (14.09%), Net Carbohydrates: 39.34g (14.3%), Sugar: 1.46g (1.62%), Cholesterol: 3.37mg (1.12%), Sodium: 340.68mg (14.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.87%), Vitamin B6: 0.78mg (39.12%), Potassium: 948.13mg (27.09%), Manganese: 0.36mg (18.13%), Vitamin C: 12.93mg (15.67%), Magnesium: 52.3mg (13.07%), Vitamin B1: 0.19mg (12.58%), Phosphorus: 125.26mg (12.53%), Vitamin B3: 2.38mg (11.88%), Copper: 0.24mg (11.79%), Fiber: 2.95g (11.79%), Iron: 1.96mg (10.9%), Folate: 31.75µg (7.94%), Vitamin B5: 0.68mg (6.84%), Vitamin B2: 0.08mg (4.86%), Zinc: 0.67mg (4.45%), Vitamin K: 4.08µg (3.89%), Calcium: 30.13mg (3.01%), Selenium: 0.96µg (1.37%)