



Smashed Potatoes with Goat Cheese and Chives

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



154 kcal

SIDE DISH

Ingredients

- 3 pounds baking potatoes peeled cut into 1-inch pieces
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 3 tablespoons chives fresh finely chopped
- 6 ounces goat cheese
- 1 cup milk 2% reduced-fat
- 1.3 teaspoons salt divided

Equipment

- bowl
- frying pan
- sauce pan
- sieve
- potato masher

Directions

- Place potatoes in a saucepan, and cover with cold water to 2 inches above.
- Add 1/4 teaspoon salt; bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Return the potatoes to pan over low heat; add remaining 1 teaspoon salt and butter to pan. Mash the potatoes with a potato masher to desired consistency.
- Add cheese and pepper to potato mixture; stir until cheese melts. Stir in milk; cook 1 minute or until thoroughly heated, stirring frequently.
- Remove from heat; stir in chives.
- Parmesan and Black Pepper Smashed Potatoes: Prepare the recipe through step Substitute 1 1/2 cups (6 ounces) freshly grated Parmigiano-Reggiano cheese for goat cheese. Increase to 3/4 teaspoon freshly ground black pepper and 1 1/2 cups 2% reduced-fat milk; omit chives. Stir in 1/4 cup chopped fresh flat-leaf parsley.
- CALORIES 181 (32% from fat); FAT 5g (sat 1g, mono 9g, poly 2g); PROTEIN 9g; CARB 6g; FIBER 6g; CHOL 18mg; IRON 2mg; SODIUM 428mg; CALC 232mg.
- Spicy Southwest Smashed Potatoes with White Cheddar: Prepare recipe through step Substitute 3/4 cup (3 ounces) shredded extra-sharp cheddar cheese for goat cheese; omit black pepper, milk, and chives. Stir in 1/2 teaspoon ground cumin and 1/4 teaspoon ancho chile powder.
- Combine 1/3 cup half-and-half, 5 crushed garlic cloves, and 3 coarsely chopped serrano chiles in a small saucepan; cook over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- Remove from heat; let stand 10 minutes. Strain mixture through a sieve over bowl; discard solids. Stir half-and-half into potato mixture; cook over low heat 30 seconds or until thoroughly heated, stirring frequently.

Remove from heat; stir in 1 (8-ounce) container reduced-fat sour cream.

Nutrition Facts



Properties

Glycemic Index:17.65, Glycemic Load:16.13, Inflammation Score:-3, Nutrition Score:6.6978261393049%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 153.9kcal (7.69%), Fat: 5.37g (8.26%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 21.5g (7.17%), Net Carbohydrates: 19.99g (7.27%), Sugar: 1.84g (2.04%), Cholesterol: 13.11mg (4.37%), Sodium: 324.35mg (14.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.5%), Vitamin B6: 0.44mg (21.77%), Potassium: 507.47mg (14.5%), Phosphorus: 117.81mg (11.78%), Copper: 0.22mg (11.18%), Manganese: 0.2mg (10.18%), Vitamin C: 6.94mg (8.41%), Magnesium: 30.95mg (7.74%), Vitamin B2: 0.13mg (7.61%), Vitamin B1: 0.11mg (7.42%), Iron: 1.27mg (7.04%), Vitamin B3: 1.26mg (6.3%), Fiber: 1.5g (6.01%), Calcium: 59.77mg (5.98%), Vitamin A: 258.8IU (5.18%), Vitamin B5: 0.51mg (5.13%), Folate: 19.42µg (4.86%), Vitamin K: 4.16µg (3.97%), Zinc: 0.56mg (3.74%), Vitamin B12: 0.14µg (2.25%), Selenium: 1.37µg (1.96%)