



Smashed Red Potatoes with Gorgonzola Cheese

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter softened
- ☐ 0.3 cup buttermilk
- ☐ 4 ounces gorgonzola crumbled
- ☐ 1 Dash pepper
- ☐ 1.5 pounds potatoes – remove skin red cut in half
- ☐ 0.5 teaspoon salt

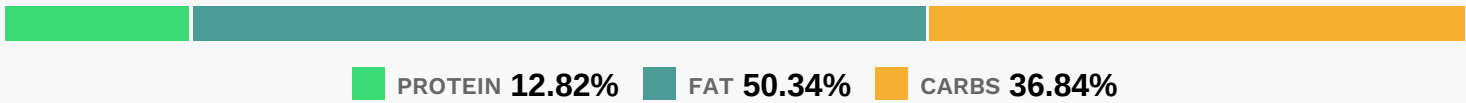
Equipment

☐ sauce pan

Directions

- ☐ Place potatoes in 3-quart saucepan; add enough water (salted if desired) to cover. Cover and heat to boiling; reduce heat. Simmer about 20 minutes or until potatoes are tender; drain. Shake potatoes in saucepan over low heat to dry.
- ☐ Add butter, buttermilk, cheese, salt and pepper to potatoes. Lightly mash with fork or back of spoon, keeping some larger pieces of potato.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:7.5647825313651%

Flavonoids

Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 204.73kcal (10.24%), Fat: 11.66g (17.94%), Saturated Fat: 5g (31.23%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 17.26g (6.28%), Sugar: 2.21g (2.45%), Cholesterol: 15.64mg (5.21%), Sodium: 511.56mg (22.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Potassium: 585.55mg (16.73%), Phosphorus: 155.28mg (15.53%), Calcium: 128.76mg (12.88%), Vitamin C: 9.77mg (11.84%), Vitamin B6: 0.23mg (11.48%), Vitamin A: 424.62IU (8.49%), Manganese: 0.16mg (8.24%), Copper: 0.16mg (8.16%), Vitamin B2: 0.13mg (7.82%), Fiber: 1.93g (7.73%), Magnesium: 30.87mg (7.72%), Vitamin B3: 1.51mg (7.55%), Vitamin B5: 0.7mg (7%), Folate: 27.95µg (6.99%), Vitamin B1: 0.1mg (6.95%), Zinc: 0.93mg (6.19%), Selenium: 3.8µg (5.43%), Vitamin B12: 0.3µg (4.98%), Iron: 0.89mg (4.96%), Vitamin K: 3.81µg (3.63%), Vitamin E: 0.29mg (1.9%), Vitamin D: 0.27µg (1.79%)