



Truffled Fingerling Smashed Potatoes

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



320 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 5 pounds fingerling potatoes
- 1 cup heavy whipping cream
- 4 teaspoons kosher salt
- 0.3 cup truffle oil white
- 8 tablespoons butter unsalted (1 stick)

Equipment

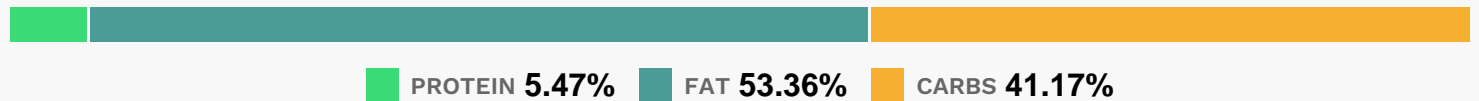
- pot

potato masher

Directions

- Place potatoes in a large pot, add water to cover the potatoes by 2 inches, salt well (the water should taste like seawater), and bring to a boil over high heat. Reduce heat to low and simmer potatoes until fork tender, about 15 to 20 minutes.
- Drain potatoes, return to the pot along with butter, and cook over low heat until butter is melted. Using a hand-held potato masher, smash potatoes until butter is incorporated, leaving some lumps.
- Add cream, truffle oil, salt, and pepper and fold together. Taste and adjust seasoning as desired.

Nutrition Facts



Properties

Glycemic Index:9.65, Glycemic Load:24.19, Inflammation Score:-6, Nutrition Score:10.926521739234%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 320.08kcal (16%), Fat: 19.41g (29.85%), Saturated Fat: 10.03g (62.68%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 29.49g (10.72%), Sugar: 2.06g (2.29%), Cholesterol: 42.48mg (14.16%), Sodium: 793mg (34.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.96%), Vitamin C: 37.35mg (45.27%), Vitamin B6: 0.57mg (28.26%), Potassium: 819.18mg (23.41%), Fiber: 4.2g (16.8%), Manganese: 0.31mg (15.65%), Phosphorus: 121.73mg (12.17%), Magnesium: 45.35mg (11.34%), Vitamin A: 529.48IU (10.59%), Copper: 0.21mg (10.53%), Vitamin B1: 0.16mg (10.39%), Vitamin B3: 2.01mg (10.05%), Iron: 1.54mg (8.58%), Folate: 31.34µg (7.84%), Vitamin K: 7.86µg (7.49%), Vitamin E: 1.07mg (7.12%), Vitamin B5: 0.62mg (6.23%), Vitamin B2: 0.1mg (5.96%), Zinc: 0.61mg (4.05%), Calcium: 39.27mg (3.93%), Vitamin D: 0.46µg (3.05%), Selenium: 1.27µg (1.81%)