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## Smashed Potatoes ♦♦

Smashed potatoes are a classic side dish made by boiling potatoes until tender, then smashing them and roasting until crispy. They are often seasoned with salt, pepper, and herbs for added flavor. Smashed potatoes are commonly served with grilled meats or as a side dish for holiday meals.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 45 mins

**Total Time:** 60 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>1000 g</b>	potatoes
<b>4 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>1 tsp</b>	garlic powder

1 tsp dried rosemary

## Directions

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### Step 1

Oven

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Preparation

Wash and scrub the potatoes thoroughly. Leave the skin on for added texture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Boiling

Place the potatoes in a large pot and cover with water. Bring to a boil and cook until the potatoes are fork-tender, about 15-20 minutes.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 4

### Preparation

Drain the potatoes and let them cool slightly. Place them on a baking sheet lined with parchment paper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

### Mashing

Using a fork or potato masher, gently press down on each potato to flatten it. Be careful not to completely mash them.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

### Sprinkling

Drizzle the potatoes with olive oil and sprinkle with salt, black pepper, garlic powder, and dried rosemary.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 7

## Roasting

Roast the potatoes in the preheated oven for 25-30 minutes, or until golden and crispy.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

## Step 8

### Serving

Remove from the oven and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 8 g

**Protein:** 3 g

**Carbohydrates:** 30 g

## Nutrition Facts

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## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	0 iu	0%	0%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	600 mg	17.65%	23.08%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

## Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

## Cuisines

Italian

Middle Eastern

## Diet

Anti-Inflammatory Diet

## Course

Side Dishes

Salads

## Cultural

Diwali

Oktoberfest

## Events

Barbecue

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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