

Snapped Up: Crispy Smashed Potatoes



INGREDIENTS

A pound or more of small **Yellow or Red skinned potatoes** (golf ball sized works well). You'll want enough to fill a big cookie tray.

Oil

Butter or soy-based butter

Salt

Pepper

TOOLS USED:

Cookie sheet

Large pot

Potato masher or fork

DIRECTIONS:

1. Boil the potatoes until tender. It's okay if they split open. If you start with the same sized potato, they will all be done at the same time.
2. While potatoes are boiling, pre-heat the oven to 420 degrees
3. Drain the cooked potatoes, place on an oiled cookie sheet and smash them to ½ inch thick using a masher or fork. All that rough smashed potato and skin will later crisp up.
4. Drizzle melted butter over the top as well as a little oil. The butter is for taste, the oil is to help crisp up.
5. Sprinkle with Salt and Pepper.
6. Bake for 30-40 minutes until nicely browned. DO NOT STIR while baking. Let the contact with the pan help to form a crust on the bottom of the potato.
7. Once baked, feel free to add chopped parsley, ketchup, or whatever you'd like to dip them in.

Lunch, Dinner, Late night munchies...

It's the end of summer and time to dig up potatoes, but what do you do with so many? Most people don't have a deep fryer at home to capture restaurant quality french fries. This recipe is a healthier solution using far less oil yet is still as addicting as french fries.

The best part is that they can be made ahead of time and kept crispy in the oven ready to be served to many people. Turn the oven down to 255 degrees. You want them to stay crispy, but not overcook or burn.

The humble potato in its own skin has lots of vitamins and minerals. If you add a salad, soup, or sandwich to the potatoes, you can achieve a day's worth of nourishment in one, simple meal.

*Good for one.
Great for many.*

(3) Crispy Smashed Potatoes provide:

General			
Energy	605.5 kcal	<div></div>	82%
Alcohol	0.0 g	<div></div>	No Target
Caffeine	0.0 mg	<div></div>	No Target
Water	389.6 g	<div></div>	14%
Carbohydrates			
Carbs	114.5 g	<div></div>	140%
Fiber	12.5 g	<div></div>	60%
Starch	91.9 g	<div></div>	No Target
Sugars	7.5 g	<div></div>	No Target
Sugar Alcohol	0.0 g	<div></div>	No Target
Net Carbs	101.9 g	<div></div>	167%
Lipids			
Fat	10.7 g	<div></div>	40%
Monounsaturated	2.5 g	<div></div>	No Target
Polyunsaturated	5.9 g	<div></div>	No Target
Omega-3	0.5 g	<div></div>	25%
Omega-6	5.4 g	<div></div>	49%
Saturated	1.6 g	<div></div>	n/a
Trans-Fats	0.0 g	<div></div>	0.034 g
Cholesterol	0.0 mg	<div></div>	No Target
Phytosterol	0.0 mg	<div></div>	No Target
Protein			
Protein	17.3 g	<div></div>	28%
Cystine	0.2 g	<div></div>	32%
Histidine	0.3 g	<div></div>	33%
Isoleucine	0.6 g	<div></div>	46%
Leucine	0.9 g	<div></div>	32%
Lysine	0.9 g	<div></div>	35%
Methionine	0.3 g	<div></div>	37%
Phenylalanine	0.7 g	<div></div>	62%
Threonine	0.6 g	<div></div>	42%
Tryptophan	0.2 g	<div></div>	53%
Tyrosine	0.5 g	<div></div>	39%
Valine	0.8 g	<div></div>	50%
Vitamins			
B1 (Thiamine)	0.4 mg	<div></div>	33%
B2 (Riboflavin)	0.3 mg	<div></div>	27%
B3 (Niacin)	7.4 mg	<div></div>	53%
B5 (Pantothenic Acid)	2.0 mg	<div></div>	40%
B6 (Pyridoxine)	1.7 mg	<div></div>	110%
B12 (Cobalamin)	0.0 µg	<div></div>	0%
Biotin	0.0 µg	<div></div>	0%
Folate	157.0 µg	<div></div>	39%
Vitamin A	53.5 IU	<div></div>	2%
Vitamin C	50.1 mg	<div></div>	67%
Vitamin D	0.0 IU	<div></div>	0%
Vitamin E	1.2 mg	<div></div>	8%
Beta Tocopherol	0.2 mg	<div></div>	No Target
Delta Tocopherol	2.7 mg	<div></div>	No Target
Gamma Tocopherol	6.5 mg	<div></div>	No Target
Vitamin K	21.1 µg	<div></div>	23%
Minerals			
Calcium	98.3 mg	<div></div>	12%
Copper	0.7 mg	<div></div>	78%
Fluoride	0.0 µg	<div></div>	0%
Iodine	0.0 µg	<div></div>	0%
Iron	5.9 mg	<div></div>	74%
Magnesium	161.3 mg	<div></div>	50%
Manganese	1.3 mg	<div></div>	72%
Molybdenum	0.0 µg	<div></div>	0%
Phosphorus	416.3 mg	<div></div>	59%
Potassium	2887.5 mg	<div></div>	61%
Selenium	6.7 µg	<div></div>	12%
Sodium	136.6 mg	<div></div>	11%
Zinc	2.1 mg	<div></div>	27%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.