



Baked Basque Potatoes

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

SIDE DISH

Ingredients

- 0.3 cup breadcrumbs dry
- 16 ounce less-sodium chicken broth fat-free canned
- 2 garlic cloves minced
- 2 cups bell pepper green coarsely chopped
- 4 teaspoons olive oil divided
- 2 cups onion coarsely chopped
- 2 tablespoons paprika
- 1 ounce parmesan cheese fresh grated
- 6 cups potatoes cubed peeled (1-inch) (2 pounds)

- 0.5 cup bell pepper red coarsely chopped
- 3 tablespoons red wine vinegar
- 0.5 teaspoon salt
- 1 tablespoon teaspoon tarragon dried fresh chopped

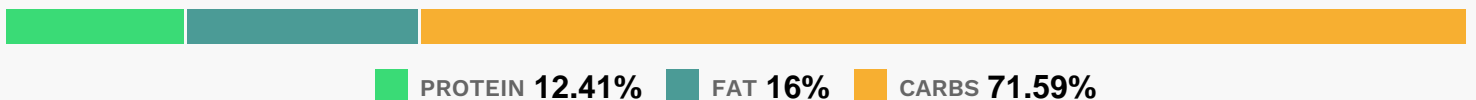
Equipment

- bowl
- frying pan
- sauce pan
- oven
- sieve

Directions

- Preheat oven to 40
- Combine potato and broth in a saucepan; bring to a boil. Cover, reduce heat, and simmer 12 minutes.
- Drain potato through a sieve into a bowl, reserving 1 cup cooking liquid.
- Heat 2 teaspoons oil in a large nonstick skillet over medium heat.
- Add onion, bell peppers, salt, and garlic; saut 2 minutes. Stir in 1/4 cup reserved cooking liquid and paprika; cover and cook 8 minutes or until peppers are tender. Stir in potato, 3/4 cup reserved cooking liquid, vinegar, and tarragon; bring to a boil, stirring to coat. Spoon potato mixture into a 2-quart casserole coated with cooking spray.
- Combine the breadcrumbs and cheese, and sprinkle over potato mixture.
- Drizzle breadcrumb mixture with 2 teaspoons oil.
- Bake at 400 for 25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:28.81, Inflammation Score:-9, Nutrition Score:21.137826138217%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.44mg, Quercetin: 13.44mg, Quercetin: 13.44mg, Quercetin: 13.44mg

Nutrients (% of daily need)

Calories: 272.03kcal (13.6%), Fat: 5.01g (7.71%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 50.42g (16.81%), Net Carbohydrates: 42.66g (15.51%), Sugar: 6.29g (6.99%), Cholesterol: 3.21mg (1.07%), Sodium: 631.48mg (27.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.48%), Vitamin C: 102.1mg (123.75%), Vitamin B6: 0.94mg (47.08%), Vitamin A: 1813.05IU (36.26%), Potassium: 1206.36mg (34.47%), Manganese: 0.67mg (33.3%), Fiber: 7.76g (31.02%), Phosphorus: 209.97mg (21%), Vitamin B1: 0.29mg (19.39%), Vitamin B3: 3.71mg (18.57%), Magnesium: 73.62mg (18.4%), Iron: 3.27mg (18.18%), Copper: 0.34mg (16.91%), Folate: 64.68µg (16.17%), Calcium: 131.54mg (13.15%), Vitamin B2: 0.2mg (11.83%), Vitamin K: 12.36µg (11.77%), Vitamin E: 1.49mg (9.93%), Vitamin B5: 0.98mg (9.77%), Zinc: 1.17mg (7.78%), Selenium: 5.11µg (7.3%), Vitamin B12: 0.22µg (3.73%)