



HEALTH SCORE

57%

Batatas Mashi



Gluten Free

READY IN

**80 min.**

SERVINGS

**4**

CALORIES

**640 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tablespoon baharat spice mix
- ☐ 1.5 tablespoons butter
- ☐ 15 ounce tomato sauce with balkan thick yogurt) canned
- ☐ 1 cup chicken stock see homemade (I use my own)
- ☐ 4 servings ground pepper fresh black to taste
- ☐ 1 lb lamb lean (I use ground beef adding olive oil if I feel more fat is needed)
- ☐ 1 small onion diced
- ☐ 0.3 cup pinenuts

- ☐ 10 medium potatoes white yellow canned (for best flavour, you can use)
- ☐ 4 servings sea salt to taste
- ☐ 1 tablespoon tomato paste
- ☐ 4 servings balkan yogurt

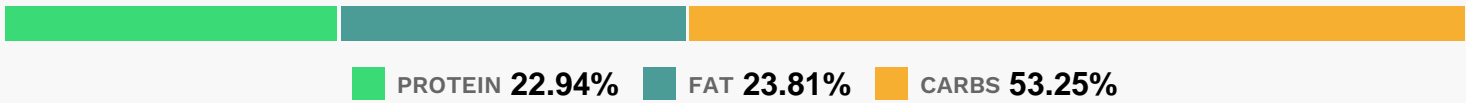
Equipment

- ☐ frying pan

Directions

- ☐ In a pan over medium heat cook the onions in butter until almost soft and then add the ground lamb or beef. Cook until it is no longer pink, drain any remaining fat.2
- ☐ Add the the baharat, tomato paste, sea salt, freshly ground black pepper and pine nuts.
- ☐ Mix well and cook until the pine nuts turn golden.3 Wash and peel the potatoes. Carefully core out the middle leaving a smaller whole at the top but taking out most of the middle so there is just enough potato to hold it all together. Set aside.4 Carefully fill the potatoes with the meat mixture. Stuff until the top but not extremely tightly. In a pan on medium heat add the tomato sauce and chicken stock. Carefully place the potatoes into the pan and cover. Raise heat to come to a full boil and then reduce to medium-low. Cook for 1 hour or more until tender when pricked with a fork, carefully switching sides half way through.5 You may serve this over white Basmati rice, with a fresh salad and Balkan (thick) yogurt on the side if you don't add extra sauce.6 Enjoy!

Nutrition Facts



Properties

Glycemic Index:76.69, Glycemic Load:56.85, Inflammation Score:-9, Nutrition Score:42.394347595132%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

Nutrients (% of daily need)

Calories: 640.19kcal (32.01%), Fat: 17.27g (26.57%), Saturated Fat: 6.07g (37.95%), Carbohydrates: 86.89g (28.96%), Net Carbohydrates: 74.37g (27.04%), Sugar: 9.71g (10.78%), Cholesterol: 83.52mg (27.84%), Sodium: 951.01mg (41.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.43g (74.86%), Vitamin C: 93.57mg (113.42%), Vitamin B6: 1.9mg (94.83%), Manganese: 1.66mg (82.91%), Potassium: 2704.3mg (77.27%), Vitamin B3: 13.31mg (66.57%), Phosphorus: 573.7mg (57.37%), Zinc: 7.98mg (53.22%), Fiber: 12.53g (50.12%), Iron: 8.48mg (47.09%), Magnesium: 171.04mg (42.76%), Vitamin B12: 2.55µg (42.55%), Copper: 0.85mg (42.35%), Selenium: 23.49µg (33.55%), Vitamin B1: 0.48mg (31.87%), Vitamin B2: 0.48mg (28.34%), Vitamin K: 28.61µg (27.25%), Folate: 97.54µg (24.38%), Vitamin B5: 2.4mg (23.96%), Vitamin E: 3.33mg (22.22%), Vitamin A: 698.6IU (13.97%), Calcium: 117.26mg (11.73%)