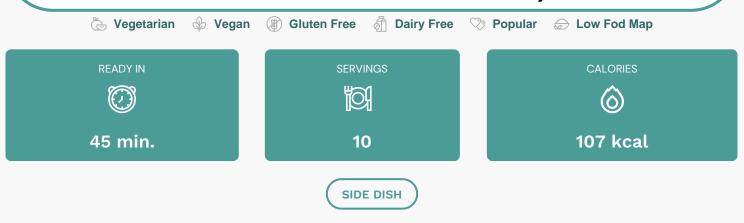


## Colombian Style Stuffed Potatoes (Papas Rellenas Colombianas)



## Ingredients

	5 medium potatoes		
	0.3 teaspoon salt		
	10 servings vegetable oil fo	or frying	5

## **Equipment**

bowl
paper towels
sauce pan

	whisk				
	pot				
	slotted spoon				
Dir	ections				
	Peel the potatoes and cut them into chunks, put them in a medium pot and cover with water and ¼ teaspoon of salt.Bring the potatoes to a boil over medium high heat, then reduce the heat to medium and cook until fork tender about 20 minutes.				
	Drain the potatoes and mash with a fork or masher and set aside. Prepare the filling, in a large sauce pan, heat 1 tablespoon olive oil over medium heat and add the onion, tomato, scallions, garlic, cumin, azafran, pepper and salt. Cook for 5 minutes or until the onions are translucent, add the beef and cook stirring occasionally about 10 – 15 minutes. Set aside to cool. In a medium bowl place all the batter ingredients and whisk until smooth and set aside. Divide the potato mash into 10 equal sized portions, about 1/3 cup each, and form each portion into a ball by rolling between the palms of your hands. Flatten into patties and place 1½ tablespoons of the filling in the center of each one. Shape the potato mixture with the filling into balls to enclose the filling completely. Fill a large heavy pot with vegetable oil and heat over medium-high heat to 360° F. Dip the stuffed potato into the batter and carefully place them in the hot oil and fry for about 4 minutes or until golden, turning over halfway through.				
	Remove the potatoes from the oil using a slotted spoon and drain in a plate with paper towels.				
	Transfer to a serving plate and serve with Ají.				
	Nutrition Facts				
	PROTEIN 7.89% FAT 23.89% CARBS 68.22%				
•	perties emic Index:8.38, Glycemic Load:13.62, Inflammation Score:-2, Nutrition Score:5.5217391463078%				
Flav	vonoids				
Kaem	pferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 0.75mg,				

## Nutrients (% of daily need)

Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Calories: 106.76kcal (5.34%), Fat: 2.9g (4.46%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 16.26g (5.91%), Sugar: 0.83g (0.92%), Cholesterol: Omg (0%), Sodium: 64.53mg (2.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin C: 20.98mg (25.43%), Vitamin B6: 0.31mg (15.71%), Potassium: 448.38mg (12.81%), Fiber: 2.34g (9.37%), Manganese: 0.16mg (8.15%), Vitamin K: 7.17µg (6.83%), Magnesium: 24.5mg (6.12%), Phosphorus: 60.71mg (6.07%), Copper: 0.12mg (5.75%), Vitamin B1: 0.09mg (5.68%), Vitamin B3: 1.12mg (5.61%), Iron: 0.83mg (4.62%), Folate: 17.04µg (4.26%), Vitamin B5: 0.32mg (3.15%), Zinc: 0.31mg (2.06%), Vitamin B2: 0.03mg (2%), Vitamin E: 0.24mg (1.6%), Calcium: 12.82mg (1.28%)