



Colombian Style Stuffed Potatoes (Papas Rellenas Colombianas)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



107 kcal

SIDE DISH

Ingredients

- 5 medium potatoes
- 0.3 teaspoon salt
- 10 servings vegetable oil for frying

Equipment

- bowl
- paper towels
- sauce pan

- whisk
- pot
- slotted spoon

Directions

- 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 1 ½ 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%**

Properties

Glycemic Index: 8.38, Glycemic Load: 13.62, Inflammation Score: -2, Nutrition Score: 5.5217391463078%

Flavonoids

Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

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: 0mg (0%), Sodium: 64.53mg (2.81%), Alcohol: 0g (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%)