



## Cook the Book: Potatoes with Chile Rajas and Scrambled Eggs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



446 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon chili powder green
- ☐ 1.5 cups ghee unsalted
- ☐ 12 large eggs
- ☐ 12 servings spring onion chopped (green part only)
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 large poblano pepper cored peeled seeded (see note)
- ☐ 2 serrano chiles cored peeled seeded (see note)

- ☐ 4 tablespoons butter unsalted melted
- ☐ 0.5 cup vegetable oil
- ☐ 5.5 inch corn tortillas white soft for serving
- ☐ 1 onion white cut into 1/4-inch dice
- ☐ 1.5 pounds yukon gold potatoes with skin), cut into 1/4-inch dice

## Equipment

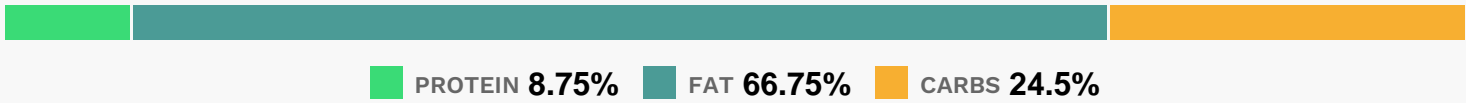
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ kitchen thermometer

## Directions

- ☐ Cut the prepared poblano and serrano chiles into 1/4-inch strips (rajas); set aside.
- ☐ Have a bowl lined with paper towels ready. In a large, heavy bottomed pot, add 1 1/2 cups clarified butter plus the 1/2 cup vegetable oil and heat over medium-high heat until it reaches 350°F on a deep-fat thermometer.
- ☐ Add the potatoes and fry until golden, stirring them once or twice, about 12 minutes (they will lose about one-third of their volume). The temperature will drop when you add the potatoes; when it returns to 350°F, decrease the heat slightly. Be careful not to burn the potatoes or the oil—the butter-oil mixture should show small, not large, bubbles.
- ☐ While the potatoes fry, in a skillet, heat the remaining 2 tablespoons clarified butter over low heat and saute the diced onion until it begins to caramelize, about 10 minutes. When the onion is fully cooked, increase the heat to medium-high and cook a little more to brown the pieces. When the potatoes are done, transfer them to the paper towel-lined bowl to drain off any excess oil. When they are drained, but still hot, transfer to a serving bowl, dust with chile powder and salt, then add the cooked onions and poblano and serrano chile strips and toss to mix all together; keep warm.
- ☐ To serve, lay the tortillas side by side, open face and overlapping on a platter. Divide the potato mixture equally between the tortillas and top with scrambled eggs, chopped green onion, and crema (or sour cream). Grab, fold, and eat right away. Or build your own taco: lay a

tortilla, open face, in one hand. Spoon some of the potatoes and eggs, top with green onion and crema (or sour cream), fold and eat right away.

## Nutrition Facts



### Properties

Glycemic Index:16.94, Glycemic Load:13.86, Inflammation Score:-5, Nutrition Score:14.398695572563%

### Flavonoids

Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

### Nutrients (% of daily need)

Calories: 446.3kcal (22.31%), Fat: 33.82g (52.04%), Saturated Fat: 18.36g (114.76%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 23.55g (8.56%), Sugar: 2.48g (2.75%), Cholesterol: 253.63mg (84.54%), Sodium: 192.09mg (8.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.96%), Vitamin C: 46.39mg (56.23%), Selenium: 17.64µg (25.21%), Phosphorus: 247.16mg (24.72%), Vitamin B6: 0.44mg (21.89%), Vitamin K: 20.68µg (19.69%), Fiber: 4.37g (17.49%), Vitamin B2: 0.29mg (17.07%), Manganese: 0.28mg (14.1%), Potassium: 476.51mg (13.61%), Vitamin A: 658.89IU (13.18%), Magnesium: 48.92mg (12.23%), Iron: 2mg (11.1%), Folate: 44.27µg (11.07%), Vitamin B5: 1.03mg (10.34%), Copper: 0.19mg (9.3%), Zinc: 1.34mg (8.91%), Vitamin B1: 0.13mg (8.51%), Vitamin E: 1.13mg (7.56%), Vitamin B12: 0.45µg (7.55%), Calcium: 73.16mg (7.32%), Vitamin D: 1.07µg (7.13%), Vitamin B3: 1.39mg (6.96%)