



Creamy Potatoes with Cheese and Tomatoes

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

Ingredients

- ☐ 1 pound red-skinned new potatoes
- ☐ 1.5 teaspoons salt
- ☐ 2 Tbsp butter
- ☐ 1.5 cups onion yellow finely chopped
- ☐ 4 large green onions cut into 1-inch lengths
- ☐ 2 large tomatoes fresh peeled chopped
- ☐ 0.5 cup heavy whipping cream
- ☐ 1 Tbsp cilantro leaves fresh finely chopped

- ☐ 0.5 teaspoon oregano leaves
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings bell pepper to taste
- ☐ 1 cup mozzarella cheese fresh shredded well (Mozzarella works too!)

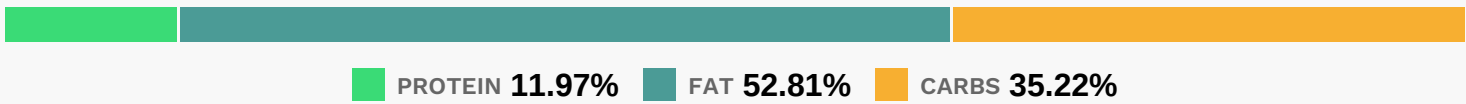
Equipment

- ☐ frying pan

Directions

- ☐ Boil the potatoes: Scrub the potatoes; do not peel.
- ☐ Place the potatoes in a large pan and cover with cold water and about 1 1/2 teaspoons of salt. Bring to a boil and simmer for 20 minutes, or until tender when pierced.
- ☐ Drain. When cool enough to handle, cut large potatoes in halves or in quarters.
- ☐ Make the sauce: Melt the butter in a medium skillet over medium heat.
- ☐ Add the chopped onion and green onions and cook until wilted.
- ☐ Add the tomatoes and cook, stirring often, for 5 minutes.
- ☐ Stir in the cream, cilantro, oregano, cumin.
- ☐ Add salt and pepper to taste, and bring to a simmer. While stirring, slowly add the cheese and cook until the cheese is melted.
- ☐ Serve: Spoon the sauce over the potatoes to serve.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:3.66, Inflammation Score:-10, Nutrition Score:25.475652031277%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.83mg,

Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 16.34mg, Quercetin: 16.34mg, Quercetin: 16.34mg, Quercetin: 16.34mg

Nutrients (% of daily need)

Calories: 384.81kcal (19.24%), Fat: 23.49g (36.15%), Saturated Fat: 14.32g (89.53%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 28.86g (10.49%), Sugar: 11.29g (12.54%), Cholesterol: 71mg (23.67%), Sodium: 1136.17mg (49.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.96%), Vitamin C: 126.95mg (153.88%), Vitamin A: 4167.22IU (83.34%), Vitamin K: 70.09µg (66.75%), Potassium: 1104.99mg (31.57%), Vitamin B6: 0.59mg (29.72%), Phosphorus: 256.78mg (25.68%), Fiber: 6.39g (25.56%), Folate: 99.77µg (24.94%), Manganese: 0.5mg (24.83%), Calcium: 227.12mg (22.71%), Vitamin B2: 0.29mg (17.17%), Magnesium: 64.36mg (16.09%), Vitamin E: 2.38mg (15.85%), Vitamin B1: 0.22mg (14.93%), Vitamin B3: 2.85mg (14.24%), Copper: 0.27mg (13.67%), Iron: 2.31mg (12.84%), Zinc: 1.83mg (12.21%), Vitamin B12: 0.7µg (11.63%), Selenium: 6.84µg (9.77%), Vitamin B5: 0.85mg (8.52%), Vitamin D: 0.59µg (3.92%)