



Fierce Potatoes (Patatas Bravas)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



209 min.

SERVINGS



8

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baking potatoes
- ☐ 1 bay leaves
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 large garlic clove minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons olive oil divided
- ☐ 1 tablespoon paprika smoked spanish
- ☐ 0.5 cup roasted peppers red drained chopped

- ☐ 0.3 teaspoon saffron threads crushed finely
- ☐ 0.8 teaspoon salt divided
- ☐ 1 tablespoon sherry vinegar
- ☐ 1.5 cups tomato purée fresh unsalted canned (or)
- ☐ 0.5 cup onion yellow chopped

Equipment

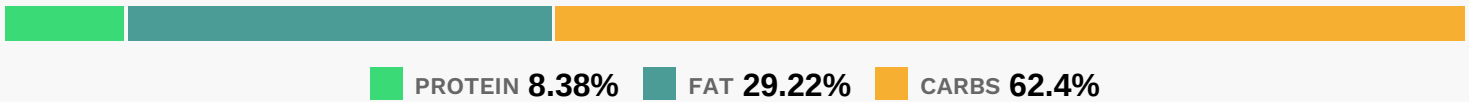
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ spatula

Directions

- ☐ Soak whole potatoes in ice water in refrigerator 2 hours; drain.
- ☐ Cut potatoes into 1-inch cubes. Steam potatoes, covered, 9 minutes or until just tender. Rinse with cold water; drain and pat dry.
- ☐ Preheat oven to 450
- ☐ Combine 1 1/2 tablespoons olive oil and saffron in center of a jelly-roll pan.
- ☐ Bake at 450 for 3 to 4 minutes to bloom saffron. Scrape oil and saffron into a medium bowl using a rubber spatula. Return pan to oven.
- ☐ Add potatoes and 1/2 teaspoon salt to saffron oil, tossing to coat.
- ☐ Spread potatoes on preheated pan; bake at 450 for 45 minutes or until golden brown and crisp, stirring twice.
- ☐ While potatoes cook, heat a small saucepan over medium heat.
- ☐ Add remaining 1 1/2 tablespoons oil to pan; swirl to coat.
- ☐ Add onion; saut 4 minutes or until tender.
- ☐ Add garlic and bay leaf; saut 1 minute.

- ☐ Add roasted pepper, tomato puree, paprika, and ground red pepper; bring to a boil over high heat. Reduce heat to low; cover and simmer 20 minutes, stirring occasionally.
- ☐ Remove from heat; discard bay leaf.
- ☐ Place pepper mixture, remaining 1/4 teaspoon salt, and vinegar in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Spoon sauce onto plates or a platter. Top with potatoes, and sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:37.97, Glycemic Load:16.43, Inflammation Score:-6, Nutrition Score:9.7813043076059%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 164.65kcal (8.23%), Fat: 5.61g (8.64%), Saturated Fat: 0.8g (5%), Carbohydrates: 26.98g (8.99%), Net Carbohydrates: 23.94g (8.71%), Sugar: 3.62g (4.02%), Cholesterol: 0mg (0%), Sodium: 358.65mg (15.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.25%), Vitamin B6: 0.51mg (25.58%), Potassium: 743.29mg (21.24%), Vitamin C: 17.22mg (20.88%), Manganese: 0.32mg (16.09%), Vitamin A: 787.85IU (15.76%), Copper: 0.28mg (14.17%), Vitamin E: 2.01mg (13.42%), Iron: 2.2mg (12.23%), Fiber: 3.04g (12.17%), Magnesium: 41.6mg (10.4%), Vitamin B3: 2.06mg (10.29%), Phosphorus: 91.35mg (9.14%), Vitamin K: 9.27µg (8.83%), Vitamin B1: 0.12mg (7.82%), Folate: 25.91µg (6.48%), Vitamin B5: 0.6mg (6.02%), Vitamin B2: 0.1mg (5.6%), Zinc: 0.59mg (3.95%), Calcium: 34.02mg (3.4%), Selenium: 1.05µg (1.5%)