



How to Make Tapas

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



613 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce canned tomatoes whole peeled drained canned
- 1 clove garlic finely chopped
- 0.3 cup mayonnaise
- 3 tablespoons olive oil
- 1 onion diced
- 1 chile red minced
- 2 russet potatoes peeled cut into 1-inch cubes
- 1 teaspoon salt

0.5 teaspoon paprika smoked

Equipment

frying pan

paper towels

sauce pan

blender

Directions

Combine potatoes, 2 cups olive oil, and 3 teaspoons salt in a large cold skillet.

Heat on low and cook until potatoes are softened, 12 to 15 minutes. Increase heat to high and fry until golden, 5 to 6 minutes.

Drain on paper towels.

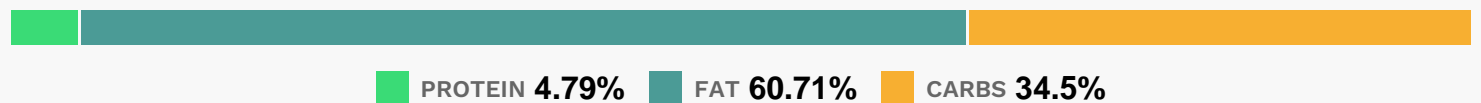
Heat 3 tablespoons olive oil in a large saucepan over medium heat. Cook and stir onion with 1 teaspoon salt in the hot oil until onion has softened, 3 to 4 minutes.

Add garlic, chile, and smoked paprika; simmer for 1 to 2 minutes. Stir in tomatoes and return to a simmer.

Transfer tomato mixture to a blender, cover, and puree until tomato sauce is smooth.

Serve patatas bravas with tomato puree and and mayonnaise for dipping.

Nutrition Facts



Properties

Glycemic Index:125.88, Glycemic Load:32.38, Inflammation Score:-8, Nutrition Score:23.787391359391%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 612.69kcal (30.63%), Fat: 42.6g (65.54%), Saturated Fat: 6.31g (39.44%), Carbohydrates: 54.47g (18.16%), Net Carbohydrates: 48.24g (17.54%), Sugar: 9.79g (10.88%), Cholesterol: 11.76mg (3.92%), Sodium: 1640.21mg (71.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.13%), Vitamin C: 67.47mg (81.78%), Vitamin K: 71.67µg (68.26%), Vitamin B6: 1.17mg (58.33%), Potassium: 1437.5mg (41.07%), Vitamin E: 5.63mg (37.51%), Manganese: 0.64mg (31.91%), Fiber: 6.23g (24.93%), Iron: 4.42mg (24.56%), Copper: 0.42mg (21.05%), Vitamin B1: 0.31mg (20.86%), Magnesium: 83.07mg (20.77%), Vitamin B3: 4.02mg (20.11%), Phosphorus: 190.22mg (19.02%), Folate: 63.01µg (15.75%), Vitamin A: 714.22IU (14.28%), Vitamin B2: 0.23mg (13.34%), Calcium: 112.04mg (11.2%), Vitamin B5: 1.06mg (10.58%), Zinc: 1.13mg (7.54%), Selenium: 2.33µg (3.33%)