



Mexican potatoes



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 800 g potatoes cut into cubes
- ☐ 1 tbsp olive oil
- ☐ 1 onion finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 0.5 tsp chili powder
- ☐ 0.5 tsp paprika
- ☐ 1 tsp cumin
- ☐ 0.5 tsp ground pepper

☐ 4 servings cream

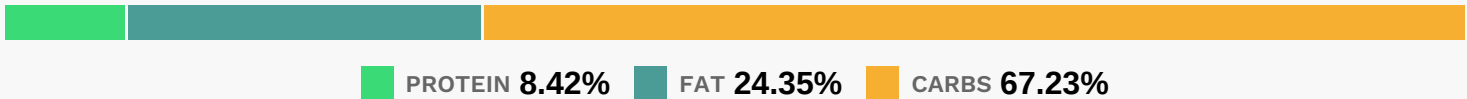
Equipment

☐ frying pan

Directions

- ☐ Boil the potatoes for 5 mins. Meanwhile, heat the oil in a frying pan and gently fry the onion for 8 mins.
- ☐ Add the garlic and spices, then fry for 2 mins more.
- ☐ Drain the potatoes and tip into the onion mix. Turn up the heat and shake the potatoes around so that they are all covered. Cook for 10 mins more until tender, then serve with soured cream, sprinkled with a little cayenne.

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:26.25, Inflammation Score:-6, Nutrition Score:12.204782637565%

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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 225.17kcal (11.26%), Fat: 6.27g (9.65%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 38.98g (12.99%), Net Carbohydrates: 33.77g (12.28%), Sugar: 3.23g (3.59%), Cholesterol: 7.08mg (2.36%), Sodium: 23.66mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.77%), Vitamin C: 41.99mg (50.9%), Vitamin B6: 0.66mg (32.91%), Potassium: 926.8mg (26.48%), Fiber: 5.21g (20.86%), Manganese: 0.39mg (19.34%), Phosphorus: 137.31mg (13.73%), Magnesium: 53.32mg (13.33%), Vitamin B1: 0.18mg (12.15%), Copper: 0.24mg (12.09%), Iron: 2.13mg (11.82%), Vitamin B3: 2.27mg (11.33%), Folate: 38.49µg (9.62%), Vitamin A: 421.02IU (8.42%), Vitamin B5: 0.68mg (6.81%), Vitamin K: 7.01µg (6.67%), Vitamin B2: 0.1mg (6.05%), Vitamin E: 0.87mg (5.81%), Calcium: 50.6mg (5.06%), Zinc: 0.73mg (4.88%), Selenium: 1.42µg (2.03%)