



Mini Baked Potatoes with Aioli and Pimientos

 **Gluten Free**  **Dairy Free**

READY IN



225 min.

SERVINGS



45

CALORIES



28 kcal

SIDE DISH

Ingredients

- 1 fillet anchovy coarsely chopped
- 0.1 teaspoon ground pepper
- 1 teaspoon dijon mustard
- 1 large eggs
- 1 medium garlic clove coarsely chopped
- 0.5 teaspoon kosher salt
- 2 teaspoons juice of lemon freshly squeezed
- 2 teaspoons olive oil extra virgin extra-virgin

- 4 ounce pimientos diced drained
- 2.5 pounds potatoes white
- 0.5 teaspoon paprika smoked
- 0.5 cup vegetable oil

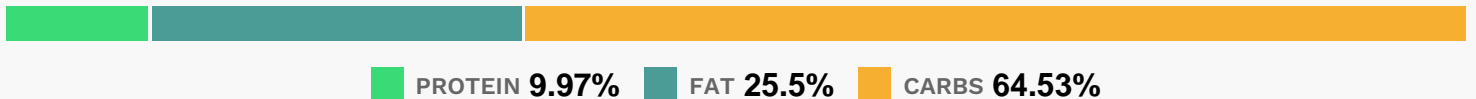
Equipment

- bowl
- baking sheet
- oven
- knife

Directions

- Heat the oven to 400°F and arrange a rack in the middle.
- Place the potatoes on a baking sheet and prick each one once or twice with a fork.
- Drizzle with the oil, sprinkle with the measured salt, and toss to combine.
- Bake until easily pierced with a knife, about 30 minutes.
- Let cool on the baking sheet until cool enough to handle, about 10 to 15 minutes.
- Cut the potatoes in half and return them to the baking sheet cut-side up. Using your fingers, gently squeeze the sides of each potato half to slightly break apart the flesh. Season with salt and set aside to cool to almost room temperature, about 30 minutes. (Do not put the aioli on the hot potatoes or it will melt and drip off.)To assemble:Just before assembling, mix the pimientos and salt in a small bowl.Dollop the potato halves with 1 teaspoon of the aioli each and divide the pimientos over the tops.

Nutrition Facts



Properties

Glycemic Index:5.28, Glycemic Load:3.28, Inflammation Score:-1, Nutrition Score:1.7465217417997%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 27.97kcal (1.4%), Fat: 0.81g (1.25%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 4g (1.45%), Sugar: 0.29g (0.33%), Cholesterol: 4.19mg (1.4%), Sodium: 30.71mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.43%), Vitamin C: 7.7mg (9.33%), Vitamin B6: 0.08mg (4.23%), Potassium: 114.12mg (3.26%), Fiber: 0.63g (2.51%), Manganese: 0.04mg (2.17%), Phosphorus: 17.57mg (1.76%), Vitamin A: 86.81IU (1.74%), Vitamin K: 1.76µg (1.68%), Magnesium: 6.27mg (1.57%), Iron: 0.28mg (1.56%), Vitamin B3: 0.3mg (1.51%), Copper: 0.03mg (1.51%), Vitamin B1: 0.02mg (1.44%), Folate: 4.81µg (1.2%)