



Naco o Puré de Papas (Colombian-Style Mashed Potatoes)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup crema de leche
- ☐ 2 egg yolks
- ☐ 6 servings ground cumin for garnish
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 2 pounds potatoes yellow
- ☐ 6 servings salt and pepper

- ☐ 6 servings scallion for garnish
- ☐ 0.5 cup milk whole

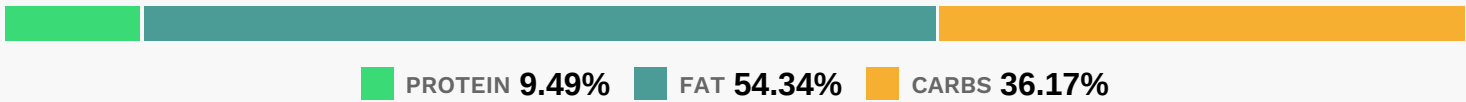
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Peel and dice potatoes.
- ☐ Place in a medium pan, add the salt, and cover with water.Bring to a boil over medium-high heat and then reduce heat to medium. Cook until potatoes are tender.
- ☐ Heat the milk in a pot over medium heat until simmering.
- ☐ Remove from heat and set aside.
- ☐ Remove the potatoes from the heat and drain off the water. Mash the potatoes and add the milk, butter, egg yolks and cheese & stir to combine.
- ☐ Sprinkle with ground cumin and scallions.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:39.29, Glycemic Load:19.86, Inflammation Score:-6, Nutrition Score:12.623043516408%

Flavonoids

Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 316.86kcal (15.84%), Fat: 19.53g (30.04%), Saturated Fat: 11.66g (72.87%), Carbohydrates: 29.24g (9.75%), Net Carbohydrates: 25.65g (9.33%), Sugar: 3.03g (3.37%), Cholesterol: 117.36mg (39.12%), Sodium: 340.8mg (14.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.35%), Vitamin C: 31.11mg (37.71%), Vitamin B6: 0.5mg (24.91%), Potassium: 736.27mg (21.04%), Phosphorus: 184.14mg (18.41%), Vitamin K: 16.96µg (16.15%),

Vitamin A: 786.01IU (15.72%), Fiber: 3.59g (14.35%), Manganese: 0.28mg (14.09%), Calcium: 127.14mg (12.71%), Iron: 2.16mg (12%), Magnesium: 45.82mg (11.46%), Vitamin B2: 0.18mg (10.77%), Vitamin B1: 0.16mg (10.65%), Folate: 38.62µg (9.66%), Selenium: 6.56µg (9.38%), Copper: 0.19mg (9.26%), Vitamin B3: 1.72mg (8.6%), Vitamin B12: 0.49µg (8.12%), Vitamin B5: 0.78mg (7.81%), Zinc: 1.06mg (7.07%), Vitamin D: 0.9µg (6.02%), Vitamin E: 0.67mg (4.44%)