



Papas Aplastadas (Crushed Potatoes)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 garlic clove minced
- ☐ 1 cup bell pepper green chopped
- ☐ 0.8 cup spring onion chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 3 tablespoons olive oil

- ☐ 15 small potatoes – remove skin red unpeeled
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sharp cheddar cheese shredded

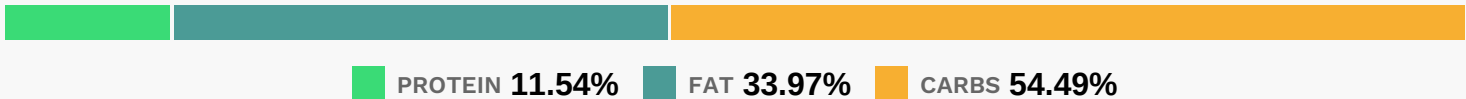
Equipment

- ☐ frying pan
- ☐ meat tenderizer

Directions

- ☐ Boil potatoes in lightly salted water 15 minutes or until tender; drain and cool slightly.
- ☐ Cook bacon in a medium skillet over medium-high heat 3 minutes or until crisp.
- ☐ Remove bacon, reserving drippings in skillet.
- ☐ Add bell pepper to skillet; saut 4 minutes or until tender.
- ☐ Add garlic, cook 1 more minute, and turn off heat.
- ☐ Place cooled potatoes on a lightly greased jelly-roll pan. Using the palm of your hand or the smooth side of a meat mallet, crush the potatoes (just enough to break them open).
- ☐ Drizzle with olive oil, and sprinkle with cumin, salt, and pepper. Top with bacon, cooked bell pepper and garlic, green onion, and cheeses. Broil 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:0.77, Inflammation Score:-9, Nutrition Score:37.618260684221%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 761.37kcal (38.07%), Fat: 29.49g (45.37%), Saturated Fat: 10.05g (62.82%), Carbohydrates: 106.43g (35.48%), Net Carbohydrates: 94.28g (34.28%), Sugar: 9.71g (10.79%), Cholesterol: 41.22mg (13.74%), Sodium: 734.22mg (31.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.54g (45.09%), Vitamin C: 89.06mg (107.95%), Potassium: 3109.36mg (88.84%), Vitamin B6: 1.29mg (64.5%), Vitamin K: 67.56µg (64.34%), Phosphorus: 569.93mg (56.99%), Manganese: 1.08mg (53.75%), Fiber: 12.15g (48.59%), Copper: 0.93mg (46.48%), Vitamin B3: 8.56mg (42.8%), Vitamin B1: 0.62mg (41.62%), Magnesium: 161.74mg (40.43%), Folate: 136.17µg (34.04%), Iron: 5.89mg (32.74%), Calcium: 299.76mg (29.98%), Zinc: 3.49mg (23.29%), Vitamin B2: 0.36mg (21.39%), Vitamin B5: 2.06mg (20.57%), Selenium: 14.14µg (20.2%), Vitamin E: 2.08mg (13.89%), Vitamin A: 638.78IU (12.78%), Vitamin B12: 0.38µg (6.28%), Vitamin D: 0.26µg (1.72%)