



HEALTH SCORE

92%

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## Papas Chorreadas (Potatoes with Cream and Cheese Sauce)



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



629 kcal

### Ingredients

- ☐ 8 medium potatoes red peeled
- ☐ 1 tablet chicken bouillon
- ☐ 1 serving water
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 cups dice tomatoes
- ☐ 3 scallions cut into 2 inches long
- ☐ 0.3 teaspoon garlic powder

- ☐ 0.3 teaspoon cumin
- ☐ 0.3 teaspoon salt
- ☐ 1 serving bell pepper to taste
- ☐ 1 cup heavy whipping cream
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 cup mozzarella cheese shredded

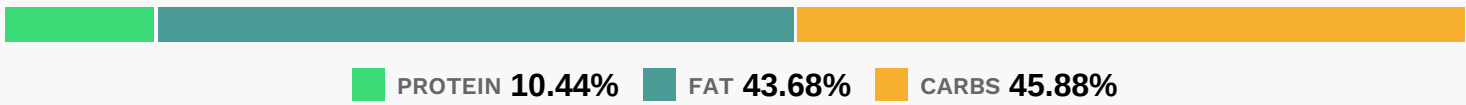
## Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Place the potatoes and chicken bouillon in a medium saucepan. Cover with water and bring to a boil and cook about 30 minutes until tender.
- ☐ Drain and set a side.
- ☐ While the potatoes are cooking, heat the oil and butter in a frying pan over medium heat.
- ☐ Add onion and tomatoes, stir and cook about 7 minutes.
- ☐ Add garlic powder, cumin, salt and pepper. Stir and cook 2 minutes more.
- ☐ Add cream, cilantro and cheese.
- ☐ Mix well and turn down the heat and cook for 3 minutes or until cheese has melted.
- ☐ In a serving dish place the potatoes and pour the sauce on top.
- ☐ Serve them hot. Papas Chorreadas Recipe

## Nutrition Facts



## Properties

Glycemic Index:55.25, Glycemic Load:1.12, Inflammation Score:0, Nutrition Score:29.044348011846%

## Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 628.5kcal (31.42%), Fat: 31.39g (48.29%), Saturated Fat: 19.35g (120.92%), Carbohydrates: 74.19g (24.73%), Net Carbohydrates: 65.62g (23.86%), Sugar: 9.99g (11.1%), Cholesterol: 96.88mg (32.29%), Sodium: 445.46mg (19.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.88g (33.75%), Vitamin C: 70.22mg (85.11%), Potassium: 2218.55mg (63.39%), Vitamin A: 2327.87IU (46.56%), Vitamin B6: 0.86mg (43.18%), Phosphorus: 417.37mg (41.74%), Vitamin K: 39.42µg (37.54%), Manganese: 0.72mg (35.77%), Fiber: 8.57g (34.28%), Copper: 0.64mg (31.8%), Magnesium: 114.96mg (28.74%), Vitamin B3: 5.53mg (27.67%), Vitamin B1: 0.4mg (26.86%), Folate: 104µg (26%), Calcium: 240.74mg (24.07%), Vitamin B2: 0.36mg (21.11%), Iron: 3.75mg (20.86%), Zinc: 2.56mg (17.1%), Vitamin B5: 1.5mg (15.01%), Selenium: 8.84µg (12.62%), Vitamin B12: 0.74µg (12.33%), Vitamin E: 1.38mg (9.19%), Vitamin D: 1.06µg (7.09%)