



Papas con Mojo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 bunch cilantro leaves fresh chopped
- ☐ 0.5 garlic minced
- ☐ 6 juice of orange juiced
- ☐ 4 servings kosher salt to taste
- ☐ 0.5 ounce olive oil
- ☐ 0.5 onion sliced
- ☐ 0.5 bunch oregano fresh chopped
- ☐ 4 servings bell pepper to taste

- ☐ 0.3 cup white wine
- ☐ 1 pound yukon gold potatoes

Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Roast potatoes in a preheated 375-degree oven. While roasting potatoes, sweat onion in olive oil until translucent.
- ☐ Add garlic and cook for 2 minutes. Deglaze pan with white wine and reduce until almost all liquid is gone.
- ☐ Add orange juice and reduce by 2/
- ☐ Fold in herbs and season with salt and pepper. When potatoes are done, pour hot mojo over potatoes and serve immediately.

Nutrition Facts



Properties

Glycemic Index:69.19, Glycemic Load:20.59, Inflammation Score:-10, Nutrition Score:16.391739220723%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 10.81mg, Hesperetin: 10.81mg, Hesperetin: 10.81mg Naringenin: 1.98mg, Naringenin: 1.98mg, Naringenin: 1.98mg, Naringenin: 1.98mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 197.43kcal (9.87%), Fat: 4.08g (6.27%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 35.58g (11.86%), Net Carbohydrates: 31.02g (11.28%), Sugar: 12.32g (13.69%), Cholesterol: 0mg (0%), Sodium: 206.4mg (8.97%), Alcohol: 1.54g (100%), Alcohol %: 0.63% (100%), Protein: 3.88g (7.75%), Vitamin C: 164.11mg (198.92%), Vitamin A: 2584.78IU (51.7%), Vitamin B6: 0.62mg (30.94%), Potassium: 853.69mg (24.39%), Folate: 83.1µg (20.78%), Fiber: 4.56g (18.25%), Manganese: 0.32mg (16.1%), Vitamin B1: 0.22mg (14.71%), Magnesium: 48.49mg (12.12%), Vitamin E: 1.79mg (11.9%), Vitamin B3: 2.34mg (11.68%), Vitamin K: 12.03µg (11.45%), Phosphorus: 107.23mg (10.72%), Copper: 0.19mg (9.25%), Iron: 1.55mg (8.59%), Vitamin B2: 0.14mg (7.96%), Vitamin B5: 0.78mg (7.76%), Zinc: 0.61mg (4.1%), Calcium: 36.74mg (3.67%)