



Papas con Salsa de Aguacate (Potatoes with Avocado Sauce)



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoons paprika
- ☐ 4 servings salt and pepper

Equipment

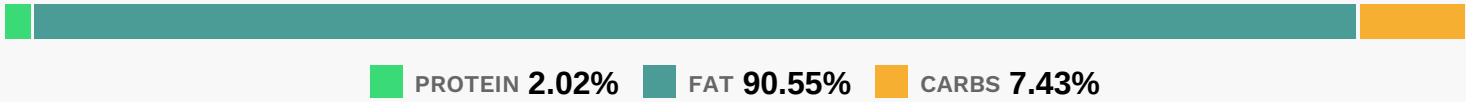
- ☐ food processor

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Cut the potatoes in quarters and place in a bowl with the oil, salt, pepper, garlic, paprika and cumin.Toss until the potatoes are coated.
- ☐ Place the potatoes in a baking pan.
- ☐ Place all the ingredients in a food processor and process until smooth.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:3.68956520376%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 134.37kcal (6.72%), Fat: 14.07g (21.65%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.24g (0.27%), Cholesterol: 0mg (0%), Sodium: 198.28mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.41%), Vitamin A: 881.27IU (17.63%), Vitamin E: 2.51mg (16.7%), Vitamin K: 9.66µg (9.2%), Iron: 1.49mg (8.3%), Manganese: 0.13mg (6.42%), Vitamin B6: 0.08mg (4.06%), Fiber: 0.83g (3.33%), Calcium: 23.66mg (2.37%), Magnesium: 9.36mg (2.34%), Potassium: 78.93mg (2.25%), Phosphorus: 17.57mg (1.76%), Vitamin B2: 0.03mg (1.75%), Copper: 0.03mg (1.73%), Vitamin B1: 0.02mg (1.41%), Vitamin B3: 0.27mg (1.33%), Vitamin C: 1.07mg (1.29%), Zinc: 0.18mg (1.22%)