



Patatas bravas



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 175 g chorizo sliced
- ☐ 350 g new potatoes sliced
- ☐ 0.5 tsp cumin seed seeded
- ☐ 2 servings chilli fresh red sliced
- ☐ 1 garlic clove chopped
- ☐ 400 g canned tomatoes chopped canned

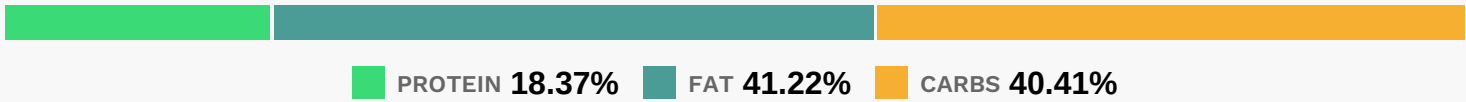
Equipment

- ☐ frying pan

Directions

- ☐ Slice up the chorizo and dry fry in a large frying pan for a minute.
- ☐ Add the sliced new potatoes and cook for 5 minutes until golden. The add the cumin seeds, 1 seeded and sliced fresh red chilli and chopped garlic clove and cook for 2 minutes. Tip in the can of chopped tomatoes, and simmer for 10–15 minutes until the potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:114.88, Glycemic Load:26.95, Inflammation Score:-8, Nutrition Score:20.878695508708%

Flavonoids

Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 456.95kcal (22.85%), Fat: 21.19g (32.61%), Saturated Fat: 7.95g (49.71%), Carbohydrates: 46.76g (15.59%), Net Carbohydrates: 38.88g (14.14%), Sugar: 10.72g (11.91%), Cholesterol: 54.69mg (18.23%), Sodium: 277.41mg (12.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.25g (42.5%), Vitamin C: 67.75mg (82.13%), Vitamin B6: 0.89mg (44.39%), Potassium: 1370.35mg (39.15%), Manganese: 0.69mg (34.75%), Iron: 6.13mg (34.06%), Fiber: 7.89g (31.55%), Copper: 0.58mg (28.85%), Vitamin B3: 4.45mg (22.24%), Magnesium: 84.85mg (21.21%), Vitamin B1: 0.3mg (20.23%), Vitamin E: 2.61mg (17.37%), Phosphorus: 172.96mg (17.3%), Vitamin A: 848IU (16.96%), Vitamin K: 15.38µg (14.65%), Folate: 56.4µg (14.1%), Vitamin B5: 1.1mg (11.03%), Vitamin B2: 0.17mg (10.12%), Calcium: 98mg (9.8%), Zinc: 1.12mg (7.44%), Selenium: 2.02µg (2.88%)