



Patatas Bravas (Crisp Spanish Potatoes with Spicy Tomato Sauce)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



200 kcal

Ingredients

- ☐ 1 bay leaves
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 cloves garlic minced
- ☐ 4 olive green halved
- ☐ 3 drops cooking oil
- ☐ 1 tablespoon paprika smoked spanish
- ☐ 6 servings parsley chopped for garnish

- ☐ 0.5 medium onion red minced
- ☐ 3 pounds potatoes – remove skin red scrubbed cut into 1/2-inch cubes (i didn't peel mine) well
- ☐ 0.5 cup water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ spatula
- ☐ colander

Directions

- ☐ Pour them gently into a colander and allow all the water to drain off.
- ☐ Place the potatoes into a large, shallow baking dish that has been rubbed or sprayed with oil to prevent sticking and place in the oven.
- ☐ Bake for 15 minutes and then stir with a spatula, making sure they aren't sticking to the pan.
- ☐ Bake for about 20–30 more minutes, stirring again halfway through. The potatoes should become crispy but not hard and overdone. While the potatoes are cooking, make the sauce. Sauté the onion in a non-stick pot for about 3 minutes.
- ☐ Add the garlic, paprika, and cayenne and cook one minute more.
- ☐ Add the remaining ingredients (except parsley) and simmer for about 20 minutes, until thickened.
- ☐ Remove the bay leaf and puree the sauce in a blender or food processor. Return it to the pan and keep warm until ready to serve. Once the potatoes are cooked, place them in a serving bowl and pour the sauce over the top.
- ☐ Sprinkle with parsley and serve as a side dish or appetizer.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:1.81, Inflammation Score:-8, Nutrition Score:18.130434658216%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 199.93kcal (10%), Fat: 1.64g (2.52%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 43.46g (14.49%), Net Carbohydrates: 37.43g (13.61%), Sugar: 6.62g (7.36%), Cholesterol: 0mg (0%), Sodium: 180.56mg (7.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.87%), Vitamin K: 77.38µg (73.7%), Vitamin C: 32.42mg (39.29%), Potassium: 1308.62mg (37.39%), Vitamin B6: 0.55mg (27.35%), Manganese: 0.51mg (25.3%), Fiber: 6.03g (24.13%), Copper: 0.46mg (23.06%), Vitamin A: 1126.3IU (22.53%), Vitamin B3: 3.67mg (18.37%), Magnesium: 69.95mg (17.49%), Iron: 3.13mg (17.41%), Phosphorus: 171.57mg (17.16%), Vitamin B1: 0.25mg (16.75%), Folate: 58.66µg (14.66%), Vitamin E: 1.49mg (9.96%), Vitamin B5: 0.89mg (8.93%), Vitamin B2: 0.13mg (7.65%), Zinc: 1.07mg (7.11%), Calcium: 61.13mg (6.11%), Selenium: 1.86µg (2.65%)