



## Pepper Jack Potatoes



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

### Ingredients

- ☐ 1.5 pounds potatoes peeled cut into 1-inch chunks
- ☐ 4 servings salt
- ☐ 4 ounces pepper jack cheese shredded thinly sliced cut into strips (or you can use )
- ☐ 0.5 cup cup heavy whipping cream

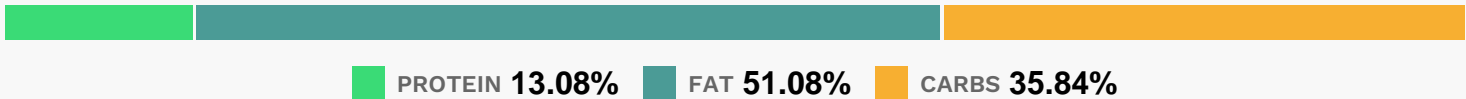
### Equipment

- ☐ bowl
- ☐ pot
- ☐ microwave

# Directions

- ☐ Place peeled, cut potatoes into a 2 quart-sized pot. Cover with an inch of cold water.
- ☐ Add a tablespoon of salt to the water. Cover and bring to a boil. (Keep your eye on the potatoes, it's easy to overcook them.)
- ☐ As soon as the water is boiling, uncover and boil for 6 minutes, or until the potatoes are just tender enough so that you can insert a fork into them. The potatoes should be on the slightly underdone side.
- ☐ Drain potatoes, cover with cheese:
- ☐ Drain the potatoes and put them immediately into a serving bowl.
- ☐ Layer the cheese slices over them and put a plate over the bowl to cover, so that the steam from the potatoes melts the cheese.
- ☐ Let sit for several minutes, then gently fold over with a spoon to spread the melted cheese around.
- ☐ Pour cream over the potatoes and cover again until served.
- ☐ If the potatoes are on the over-cooked side and fall apart as you toss them in the cheese, you can add the cream anyway and mash them for spicy, cheesy mashed potatoes. If the potatoes are still not quite cooked enough and the cheese is not quite melted enough, you can put them in a microwave for 20 seconds or so.

## Nutrition Facts



## Properties

Glycemic Index:27.69, Glycemic Load:21.81, Inflammation Score:-6, Nutrition Score:12.646521827449%

## Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

## Nutrients (% of daily need)

Calories: 337.87kcal (16.89%), Fat: 19.48g (29.97%), Saturated Fat: 12.3g (76.88%), Carbohydrates: 30.75g (10.25%), Net Carbohydrates: 27.01g (9.82%), Sugar: 2.34g (2.6%), Cholesterol: 58.85mg (19.62%), Sodium: 382.13mg (16.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.45%), Vitamin C: 33.69mg (40.83%), Vitamin

B6: 0.53mg (26.73%), Calcium: 251.65mg (25.17%), Phosphorus: 240.08mg (24.01%), Potassium: 767.37mg (21.92%), Fiber: 3.74g (14.97%), Manganese: 0.26mg (13.21%), Vitamin A: 658.73IU (13.17%), Vitamin B2: 0.22mg (13%), Magnesium: 48.86mg (12.22%), Copper: 0.2mg (9.81%), Vitamin B1: 0.15mg (9.75%), Zinc: 1.42mg (9.44%), Vitamin B3: 1.84mg (9.19%), Iron: 1.56mg (8.68%), Folate: 33.51µg (8.38%), Selenium: 5.51µg (7.88%), Vitamin B5: 0.64mg (6.39%), Vitamin B12: 0.28µg (4.72%), Vitamin K: 4.89µg (4.66%), Vitamin D: 0.65µg (4.31%), Vitamin E: 0.36mg (2.43%)