



Peruvian Causa



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons aji amarillo–pineapple salsa minced
- ☐ 2 avocados cut into thin strips
- ☐ 10 ounce tuna drained canned
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 3 hardboiled eggs thinly sliced
- ☐ 0.5 cup mayonnaise divided
- ☐ 1 small onion diced red
- ☐ 8 russet potatoes peeled

- ☐ 0.5 cup vegetable oil or as needed

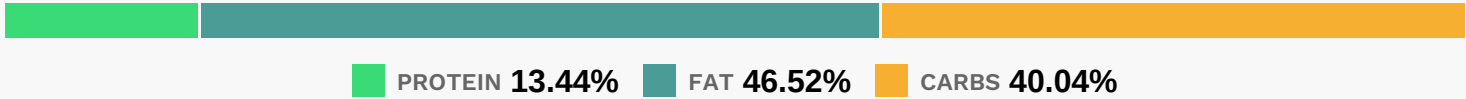
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ pot
- ☐ plastic wrap
- ☐ hand mixer
- ☐ casserole dish
- ☐ potato ricer

Directions

- ☐ Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- ☐ Drain.
- ☐ Mash potatoes with a ricer or hand mixer until smooth. Gradually stir in oil until potatoes come together; add aji amarillo, salt, and pepper. Cool potato mixture in the refrigerator, about 20 minutes.
- ☐ Stir tuna, onion, and 1/4 cup mayonnaise together in a bowl.
- ☐ Line a casserole dish with plastic wrap.
- ☐ Spread 1/2 the potato mixture on the bottom of the dish.
- ☐ Spread 2 tablespoons mayonnaise over the potatoes, spread the tuna mixture over the mayonnaise, and place the avocado slices in a single layer on top of the tuna mixture.
- ☐ Spread the remaining 1/2 of potato mixture over the avocados, and top with remaining 2 tablespoons mayonnaise.
- ☐ Place sliced eggs over the top. Cover casserole dish with plastic wrap and refrigerate until firm, about 30 minutes.
- ☐ Invert casserole dish onto a serving dish or baking sheet to remove potato casserole from dish.
- ☐ Remove plastic wrap and cut casserole into squares.

Nutrition Facts



Properties

Glycemic Index:34.84, Glycemic Load:31.1, Inflammation Score:-6, Nutrition Score:21.253478361213%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 436.14kcal (21.81%), Fat: 23.11g (35.55%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 44.77g (14.92%), Net Carbohydrates: 38.32g (13.93%), Sugar: 2.72g (3.02%), Cholesterol: 88.57mg (29.52%), Sodium: 204.83mg (8.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.04%), Vitamin B6: 1.04mg (51.83%), Selenium: 31.27µg (44.67%), Vitamin K: 43.08µg (41.03%), Potassium: 1254.02mg (35.83%), Vitamin B3: 6.67mg (33.35%), Vitamin C: 23.5mg (28.48%), Fiber: 6.45g (25.8%), Phosphorus: 232.75mg (23.28%), Manganese: 0.46mg (22.79%), Folate: 84.37µg (21.09%), Magnesium: 76.12mg (19.03%), Vitamin B12: 1.14µg (18.93%), Copper: 0.35mg (17.42%), Vitamin B5: 1.7mg (17.03%), Iron: 3.03mg (16.83%), Vitamin B1: 0.24mg (16.12%), Vitamin B2: 0.27mg (15.92%), Vitamin E: 2.08mg (13.89%), Zinc: 1.43mg (9.5%), Vitamin D: 0.87µg (5.77%), Calcium: 54.72mg (5.47%), Vitamin A: 238.31IU (4.77%)