





Peruvian Potatoes with Spicy Cream Sauce (Papas a la Huancaína)

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon aji amarillo peppers fresh jarred seeded finely chopped
- 10 olives black pitted sliced (Kalamata or Botija Peruvian olives)
- 0.3 cup evaporated milk
- 2 cups feta cheese crumbled
- 2 tablespoons freshly flat-leaf parsley chopped
- 1 garlic clove finely minced
- 3 hardboiled eggs peeled sliced

- 0.5 juice of lime juiced
- 4 large lettuce leaves (such as Bibb or romaine)
- 4 medium russett potatoes
- 4 servings salt
- 0.5 cup vegetable oil

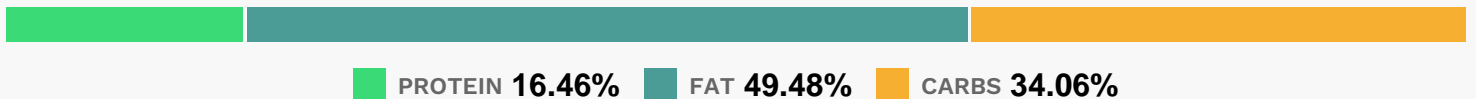
Equipment

- knife
- pot
- blender

Directions

- Place the potatoes in a large pot and cover with water. Bring to a boil over medium-high heat. Cook for 30 minutes or until a paring knife slides into the potatoes without any resistance.
- Drain the potatoes and let them cool slightly. Slice the potatoes into 1/2-inch rounds and set aside.
- Combine the cheese, evaporated milk, oil, chile, garlic, and the lime juice in a blender and puree until smooth. The sauce should be creamy and pourable. If the sauce is too thick, add water, 1 tablespoon at a time, until the sauce is thinned out.
- Arrange the lettuce leaves on a platter and top with the sliced potatoes.
- Pour the sauce over the potatoes.
- Garnish with slices of hard boiled egg and olives.
- Garnish with chopped parsley.
- Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:54.44, Glycemic Load:28.24, Inflammation Score:-9, Nutrition Score:30.018260810686%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 519.77kcal (25.99%), Fat: 28.9g (44.46%), Saturated Fat: 13.26g (82.87%), Carbohydrates: 44.77g (14.92%), Net Carbohydrates: 39.36g (14.31%), Sugar: 4.77g (5.3%), Cholesterol: 212.71mg (70.9%), Sodium: 1294.71mg (56.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.64g (43.27%), Vitamin C: 56.01mg (67.89%), Vitamin B2: 0.99mg (58.3%), Vitamin B6: 1.06mg (53.03%), Vitamin A: 2587.82IU (51.76%), Phosphorus: 493.07mg (49.31%), Calcium: 487.99mg (48.8%), Vitamin K: 49.15µg (46.81%), Selenium: 24.29µg (34.7%), Potassium: 1135.29mg (32.44%), Vitamin B12: 1.72µg (28.62%), Vitamin B1: 0.35mg (23.56%), Zinc: 3.43mg (22.86%), Manganese: 0.45mg (22.69%), Folate: 89.97µg (22.49%), Fiber: 5.41g (21.63%), Vitamin B5: 2.04mg (20.41%), Magnesium: 78.59mg (19.65%), Iron: 3.08mg (17.12%), Vitamin B3: 3.26mg (16.28%), Copper: 0.29mg (14.27%), Vitamin E: 1.52mg (10.16%), Vitamin D: 1.15µg (7.64%)