



## Potatoes Latino

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

## Ingredients

- 1 anaheim chile fresh whole minced seeded
- 18 asparagus spears fresh thin
- 3 tablespoons cider vinegar
- 2 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic minced
- 0.5 teaspoon ground cumin
- 0.3 cup no-salt-added chicken broth undiluted canned
- 4 ounces monterrey jack cheese shredded reduced-fat

- 0.5 teaspoon oregano dried
- 2.5 pounds round potatoes red cut into 1/4-inch-thick slices
- 1 cup purple onion chopped
- 2 cups tomatoes fresh chopped

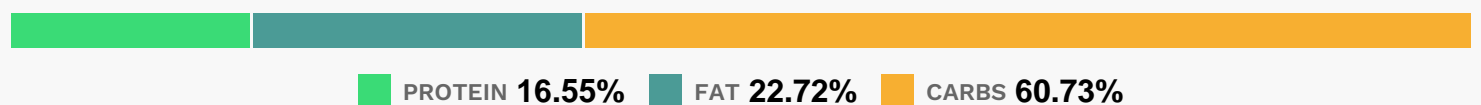
## Equipment

- knife
- dutch oven
- peeler

## Directions

- Snap off tough ends of asparagus.
- Remove scales from stalks with a knife or vegetable peeler, if desired.
- Cut spears into 1-inch pieces. Set aside.
- Cook potato in a Dutch oven in boiling water to cover 10 minutes.
- Add asparagus; cook 5 minutes or until potato is tender and asparagus is crisp-tender.
- Drain and set aside.
- Coat Dutch oven with cooking spray; place over medium-high heat until hot.
- Add onion, garlic, and chile; saute until crisp-tender.
- Add cumin and oregano; saute 1 minute. Stir in tomato, broth, and vinegar. Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes.
- Add potato mixture; toss lightly to coat.
- Sprinkle with cheese and cilantro.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:39.33, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:16.714782735576%

## Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.07mg, Isorhamnetin: 4.07mg, Isorhamnetin: 4.07mg, Isorhamnetin: 4.07mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 13.73mg, Quercetin: 13.73mg, Quercetin: 13.73mg, Quercetin: 13.73mg

## Nutrients (% of daily need)

Calories: 240.26kcal (12.01%), Fat: 6.28g (9.67%), Saturated Fat: 3.74g (23.4%), Carbohydrates: 37.8g (12.6%), Net Carbohydrates: 32.11g (11.68%), Sugar: 6.25g (6.94%), Cholesterol: 16.82mg (5.61%), Sodium: 186.89mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.59%), Vitamin C: 29.2mg (35.4%), Potassium: 1152.56mg (32.93%), Vitamin K: 31.43µg (29.93%), Phosphorus: 250.04mg (25%), Manganese: 0.49mg (24.26%), Vitamin B6: 0.47mg (23.38%), Fiber: 5.69g (22.77%), Copper: 0.4mg (20.06%), Vitamin A: 949.74IU (18.99%), Calcium: 189.54mg (18.95%), Folate: 75.42µg (18.86%), Vitamin B1: 0.26mg (17.24%), Iron: 2.96mg (16.44%), Magnesium: 63.35mg (15.84%), Vitamin B3: 3.14mg (15.72%), Vitamin B2: 0.22mg (13.08%), Zinc: 1.62mg (10.78%), Vitamin B5: 0.78mg (7.84%), Selenium: 5.09µg (7.27%), Vitamin E: 0.92mg (6.16%), Vitamin B12: 0.17µg (2.78%)