



## Potatoes Smothered W/ Egg Sauce (Cariucho)

READY IN



45 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 potatoes - remove skin red
- 1 inch spring onion chopped
- 1 tablespoon butter unsalted
- 1 teaspoon achiote seeds fine canned
- 1 cup spring onion minced chopped ()
- 1 tablespoon flour all-purpose
- 0.3 cup cilantro leaves minced chopped ()
- 4 servings salt and pepper to taste
- 1 cup milk

- 0.5 cup cup heavy whipping cream
- 4 hardboiled eggs roughly chopped
- 1 jalapeno with or without seeds (your choice), chopped small (minced)
- 2 strips bacon cubed cooked

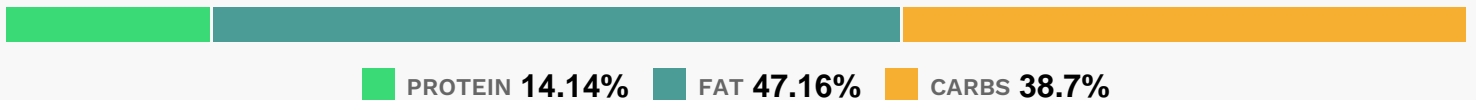
## Equipment

- frying pan
- pot

## Directions

- Start off by cooking the potatoes with the skin on, 1 Tbsp of salt, and the 1 scallion that was chopped. Cook potatoes until tender then turn heat off to keep it warm. While cooking potatoes you can start working on the sauce.
- Melt the butter in a pan/sauce pot with the achiote to extract the color. Once the butter is yellowish/orange remove the achiote seeds with a spoon.
- Saute the scallions for 2-3 minutes, then add in the flour and cilantro and saute for 1 minute.
- Dd in the milk and season with salt and pepper, cook for 1 minute. Then add in the heavy cream and cook until the sauce thickens.
- Once sauce is thickened, stir in the chopped hard-boiled eggs and jalapeno.
- Once ready to start plating, using a glove, peel the skin off the cooked potatoes and add them onto your serving platter. Smother on the egg sauce and garnish with bacon.

## Nutrition Facts



## Properties

Glycemic Index:60.25, Glycemic Load:2.55, Inflammation Score:-8, Nutrition Score:21.872173913043%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

## Taste

Sweetness: 25.56%, Saltiness: 100%, Sourness: 12.5%, Bitterness: 14.07%, Savoriness: 28.83%, Fattiness: 81.08%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 424.44kcal (21.22%), Fat: 22.62g (34.8%), Saturated Fat: 11.98g (74.86%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 37.3g (13.56%), Sugar: 7.87g (8.74%), Cholesterol: 238.92mg (79.64%), Sodium: 397.63mg (17.29%), Protein: 15.26g (30.53%), Vitamin K: 64.52µg (61.45%), Potassium: 1259.4mg (35.98%), Vitamin C: 27.74mg (33.62%), Phosphorus: 324.05mg (32.41%), Selenium: 21.39µg (30.56%), Vitamin B2: 0.51mg (29.82%), Vitamin B6: 0.52mg (26.22%), Vitamin A: 1260.79IU (25.22%), Folate: 83.04µg (20.76%), Vitamin B1: 0.3mg (19.94%), Manganese: 0.38mg (18.95%), Fiber: 4.46g (17.86%), Magnesium: 68.9mg (17.23%), Vitamin B5: 1.69mg (16.89%), Vitamin B3: 3.29mg (16.43%), Copper: 0.33mg (16.43%), Vitamin B12: 0.98µg (16.36%), Calcium: 162.19mg (16.22%), Vitamin D: 2.32µg (15.44%), Iron: 2.71mg (15.07%), Zinc: 1.8mg (11.99%), Vitamin E: 1.23mg (8.21%)