



WHATSheATE

Potatoes with Cheese Sauce (Papas a la Huancaína)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon ají mirasol paste (sometimes labeled "crema")
- ☐ 0.5 teaspoon garlic chopped
- ☐ 8 servings lime wedges black pitted chopped (preferably Key lime)
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon onion chopped
- ☐ 0.3 pound queso fresco crumbled (scant 1 cup)
- ☐ 0.5 cup milk whole

☐ 2 pounds yukon gold potatoes (8)

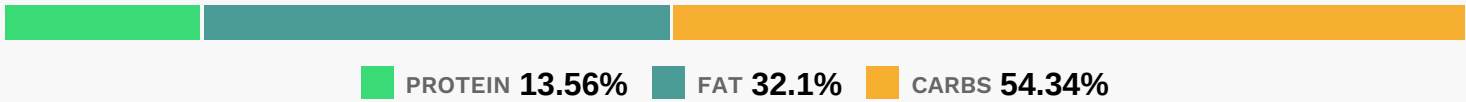
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Cover potatoes with water in a medium pot and season well with salt, then briskly simmer, covered, until just cooked through, about 20 minutes.
- ☐ Drain and cool, then peel.
- ☐ Meanwhile, mince and mash garlic to a paste with a pinch of salt, then blend with remaining ingredients in a blender until very smooth and thicker than heavy cream (if necessary, thin with milk). Season with salt.
- ☐ Cut potatoes crosswise into 1/4-inch-thick slices.
- ☐ Spoon some sauce onto 8 small plates, then top with sliced potatoes.
- ☐ Serve remaining sauce on the side.
- ☐ Concha y Toro Terrunyo
- ☐ Casablanca Valley Sauvignon Blanc '07
- ☐ Potatoes and sauce can be prepared 1 day ahead and chilled separately. Bring to room temperature before serving (sauce will be very thick; stir and thin with additional milk if desired).

Nutrition Facts



Properties

Glycemic Index:26.34, Glycemic Load:14.84, Inflammation Score:-3, Nutrition Score:7.8508695415829%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg

Kaempferol: 0.92mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 157.48kcal (7.87%), Fat: 5.72g (8.81%), Saturated Fat: 2.38g (14.91%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 19.25g (7%), Sugar: 2.2g (2.44%), Cholesterol: 11.61mg (3.87%), Sodium: 119.59mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Vitamin C: 23.1mg (28%), Vitamin B6: 0.36mg (18.1%), Potassium: 529.58mg (15.13%), Phosphorus: 136.48mg (13.65%), Calcium: 113.97mg (11.4%), Fiber: 2.56g (10.23%), Manganese: 0.18mg (9.05%), Magnesium: 31.79mg (7.95%), Vitamin B1: 0.11mg (7.22%), Copper: 0.13mg (6.58%), Vitamin B3: 1.25mg (6.26%), Vitamin B12: 0.32µg (5.34%), Iron: 0.95mg (5.28%), Zinc: 0.77mg (5.1%), Vitamin B2: 0.08mg (4.94%), Folate: 19.66µg (4.91%), Selenium: 3.42µg (4.89%), Vitamin B5: 0.45mg (4.48%), Vitamin D: 0.55µg (3.67%), Vitamin K: 3.43µg (3.27%), Vitamin A: 145.74IU (2.91%), Vitamin E: 0.33mg (2.21%)