



WHATSheATE



Potatoes with Huancaína Sauce (Papa a la Huancaína)

 Gluten Free

READY IN



94 min.

SERVINGS



6

CALORIES



314 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup ají mirasol paste peeled seeded
- ☐ 0.3 cup olives black pitted halved lengthwise
- ☐ 0.3 cup evaporated milk fat-free
- ☐ 2 garlic clove minced
- ☐ 2 large hardboiled eggs sliced into 6 wedges
- ☐ 4 cups lettuce shredded
- ☐ 2 tablespoons olive oil divided

- ☐ 0.3 cup onion chopped
- ☐ 1 bell pepper red
- ☐ 1.3 teaspoons salt divided
- ☐ 6 ounces optional – few of cheese – we use sheep's milk
- ☐ 2 pounds yukon gold potatoes blue

Equipment

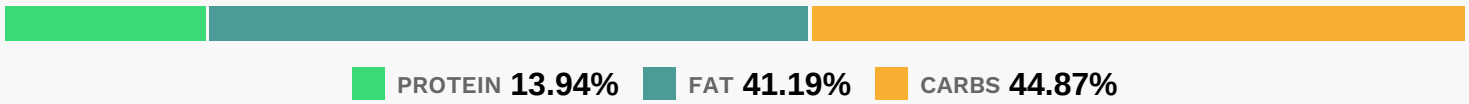
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ blender
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Place unpeeled potatoes and 1 teaspoon salt in a large saucepan; cover with water. Bring to boil over high heat. Cover, reduce heat to medium-low, and cook 25 minutes or until potatoes are tender.
- ☐ Drain and cool slightly. Peel potatoes, and cut lengthwise into 1/4-inch-thick slices.
- ☐ Preheat broiler.
- ☐ Cut bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 6 to 8 minutes or until blackened.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand 5 minutes. Peel and coarsely chop to measure 1/3 cup.
- ☐ Heat a small nonstick skillet over medium heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add onion; saut 5 minutes or until lightly browned.
- ☐ Add garlic; saut 1 minute.

- ☐
- Place onion mixture, 1/3 cup roasted red bell pepper, milk, aji amarillo paste, cheese, remaining 5 teaspoons oil, and remaining 1/4 teaspoon salt in a blender; process 3 minutes or until thick and smooth, scraping sides.
- ☐
- Arrange potato slices on each of 6 lettuce-lined plates. Spoon sauce over potatoes; arrange egg wedges and olives around potatoes on each plate.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:20.38, Inflammation Score:-8, Nutrition Score:18.65782617486%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 313.55kcal (15.68%), Fat: 14.76g (22.7%), Saturated Fat: 5.78g (36.15%), Carbohydrates: 36.17g (12.06%), Net Carbohydrates: 31.47g (11.44%), Sugar: 5.89g (6.55%), Cholesterol: 91.46mg (30.49%), Sodium: 948.39mg (41.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.24g (22.47%), Vitamin C: 59.41mg (72.01%), Vitamin B6: 0.71mg (35.58%), Vitamin B2: 0.46mg (26.91%), Phosphorus: 263.17mg (26.32%), Potassium: 885.41mg (25.3%), Vitamin A: 1149.69IU (22.99%), Calcium: 221.7mg (22.17%), Fiber: 4.7g (18.78%), Vitamin K: 19.13µg (18.21%), Manganese: 0.35mg (17.66%), Folate: 67.36µg (16.84%), Vitamin B1: 0.23mg (15.27%), Selenium: 10.58µg (15.12%), Magnesium: 53.84mg (13.46%), Vitamin B3: 2.38mg (11.88%), Vitamin B5: 1.17mg (11.66%), Vitamin B12: 0.69µg (11.44%), Iron: 2.05mg (11.39%), Zinc: 1.7mg (11.36%), Copper: 0.22mg (10.98%), Vitamin E: 1.58mg (10.51%), Vitamin D: 0.49µg (3.29%)