



Potatoes with Peppers and Chorizo



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup wine dry white
- ☐ 2 jalapeno fresh
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 large onion halved lengthwise cut lengthwise into 1/4-inch-wide strips
- ☐ 1 lb pasilla peppers green italian cut lengthwise into 1/4-inch-wide strips
- ☐ 2 lb potato boiling peeled
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup chorizo spanish finely chopped (cured spiced pork sausage; 2 oz; casings discarded if desired)

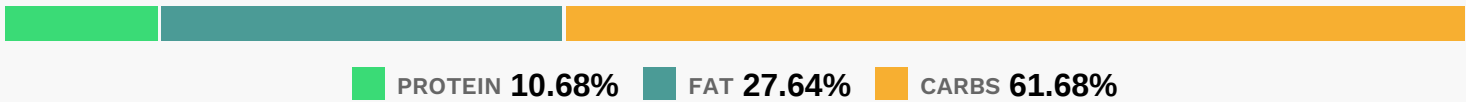
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ slotted spoon

Directions

- ☐ Make a crosswise cut halfway through 1 potato, then break it apart. Turn potato cut sides down, then cut and break halves in same manner. Repeat halving and breaking until pieces are about 1 1/2 inches. Repeat with remaining potatoes.
- ☐ Heat oil in a 12-inch heavy nonstick skillet over moderately high heat until hot but not smoking, then sauté potatoes with salt, turning occasionally, until browned and just cooked through, 15 to 20 minutes.
- ☐ Transfer potatoes with a slotted spoon to a bowl, reserving oil in skillet.
- ☐ Cut a 1 1/2-inch lengthwise slit in each chile, then add to skillet along with onion, peppers, and chorizo and reduce heat to moderate. Cook, uncovered, stirring frequently, until vegetables are softened, 5 to 6 minutes.
- ☐ Add wine and boil until reduced to about 1/4 cup, 3 to 4 minutes. Discard chiles, then add pepper mixture to potatoes along with salt and pepper to taste and toss well.
- ☐ Serve warm or at room temperature.
- ☐ Onion and peppers can be cut into strips and chorizo can be chopped 1 day ahead and chilled separately in sealed plastic bags.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:6.7621738625609%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 107.82kcal (5.39%), Fat: 3.08g (4.74%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 13.28g (4.83%), Sugar: 2.65g (2.95%), Cholesterol: 2.94mg (0.98%), Sodium: 113.04mg (4.91%), Alcohol: 1.54g (100%), Alcohol %: 1.25% (100%), Protein: 2.68g (5.36%), Vitamin C: 40.58mg (49.19%), Potassium: 444.85mg (12.71%), Vitamin B6: 0.25mg (12.27%), Manganese: 0.19mg (9.44%), Fiber: 2.21g (8.82%), Copper: 0.13mg (6.64%), Vitamin K: 6.61µg (6.3%), Phosphorus: 60.61mg (6.06%), Vitamin B1: 0.09mg (6.01%), Magnesium: 23.51mg (5.88%), Vitamin B3: 1.11mg (5.55%), Folate: 20.54µg (5.14%), Iron: 0.85mg (4.75%), Vitamin A: 187.37IU (3.75%), Vitamin E: 0.49mg (3.28%), Vitamin B5: 0.28mg (2.78%), Vitamin B2: 0.04mg (2.43%), Zinc: 0.34mg (2.28%), Calcium: 15.92mg (1.59%)