



Romesco-Topped Potato Bites

READY IN



35 min.

SERVINGS



6

CALORIES



185 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon peppercorns whole black
- ☐ 1 pound fingerling potatoes
- ☐ 4 cloves garlic
- ☐ 6 servings kosher salt
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon parsley chopped
- ☐ 1 plum tomatoes cored quartered
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 cup roasted peppers red drained coarsely chopped

- ☐ 1.5 ounces serrano ham thin
- ☐ 0.5 teaspoon paprika smoked
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 1 slice bread white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ pot

Directions

- ☐ Combine the potatoes, 2 of the garlic cloves, the peppercorns and 1 teaspoon kosher salt in a medium pot. Cover with cold water and bring to a boil. Reduce the heat to a simmer and cook until the potatoes are just tender when pierced with a thin knife, 12 to 15 minutes.
- ☐ Drain and cool until still warm but no longer hot.
- ☐ Meanwhile, heat the oil in a medium skillet over medium-high heat. Slice the remaining 2 garlic cloves and add to the oil along with the bread pieces. Cook, stirring, until the bread is golden, about 3 minutes.
- ☐ Transfer to the bowl of a food processor and add the red peppers, vinegar, smoked paprika, tomatoes and 3/4 teaspoon kosher salt. Puree until smooth.
- ☐ Heat a nonstick skillet over medium-high heat until very hot. Cook the Serrano until crispy, turning, 2 to 3 minutes.
- ☐ Transfer to a paper towel-lined plate to drain and then break into small pieces.
- ☐ To serve: Halve the warm potatoes and scoop out a small bit of the insides using a 1/4-teaspoon measure. Top the halves with a bit of the romesco sauce, sour cream, crispy Serrano shards and a sprinkle of parsley.

Nutrition Facts



Properties

Glycemic Index:50.92, Glycemic Load:11.52, Inflammation Score:-4, Nutrition Score:7.4500000327826%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 185.02kcal (9.25%), Fat: 11.2g (17.23%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 15.24g (5.54%), Sugar: 1.27g (1.41%), Cholesterol: 6.16mg (2.05%), Sodium: 520.23mg (22.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Vitamin C: 23.29mg (28.24%), Vitamin K: 20.24µg (19.28%), Manganese: 0.3mg (15.18%), Vitamin B6: 0.29mg (14.43%), Potassium: 396.04mg (11.32%), Vitamin E: 1.49mg (9.96%), Fiber: 2.33g (9.32%), Iron: 1.19mg (6.59%), Copper: 0.13mg (6.36%), Vitamin B1: 0.1mg (6.34%), Vitamin A: 315.66IU (6.31%), Phosphorus: 60.98mg (6.1%), Magnesium: 23.82mg (5.96%), Vitamin B3: 1.17mg (5.86%), Folate: 21.66µg (5.41%), Calcium: 36.25mg (3.63%), Vitamin B2: 0.05mg (3.09%), Vitamin B5: 0.3mg (3.02%), Selenium: 1.71µg (2.44%), Zinc: 0.36mg (2.37%)