



Smashed Baby Red Potatoes with Ancho Chiles and Dry Jack Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 2 ancho chili pepper dried stemmed halved seeded
- ☐ 3 pounds baby potatoes red ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 garlic clove chopped
- ☐ 1 cup parmesan cheese white dry grated
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup parsley fresh italian chopped

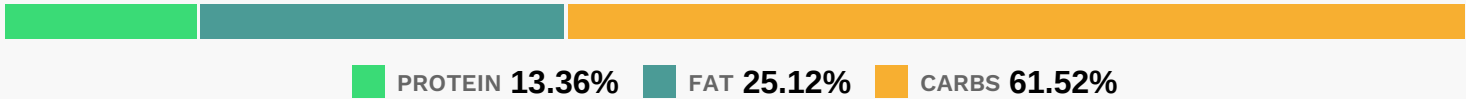
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Place chiles in small bowl; cover with hot water.
- ☐ Let stand until softened, about 15 minutes.
- ☐ Drain; chop.
- ☐ Transfer to mini processor; process to coarse puree (or finely chop chiles). Measure 1/4 cup puree and set aside (reserve any remaining puree for another use). DO AHEAD: Can be made 3 days ahead. Cover and chill.
- ☐ Bring potatoes to boil in large saucepan. Reduce heat to medium and simmer until potatoes are tender, about 16 minutes.
- ☐ Drain. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Heat oil in same saucepan over medium-low heat.
- ☐ Add 1/4 cup chile puree and garlic; stir 30 seconds.
- ☐ Add potatoes; stir to coat. Using back of wooden spoon, smash potatoes until largest pieces are about 1-inch cubes. Stir to heat through. Stir in cheese, 1/2 cup parsley, and cilantro.
- ☐ Transfer to bowl, sprinkle with remaining 1 tablespoon parsley, and serve.
- ☐ *Available at many supermarkets and at specialty foods stores and Latin markets nationwide.
- ☐ Dry Jack is Monterey Jack-style cheese that's been aged seven to ten months; it's full-flavored, firm, and perfect for grating. Dry Jack can be found at some supermarkets and at specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:22.22, Glycemic Load:21.9, Inflammation Score:-9, Nutrition Score:18.550435041604%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 238.96kcal (11.95%), Fat: 6.9g (10.61%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 31.59g (11.49%), Sugar: 4.98g (5.53%), Cholesterol: 10.88mg (3.63%), Sodium: 239.49mg (10.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.51%), Vitamin K: 77.61µg (73.91%), Vitamin A: 2778.97IU (55.58%), Vitamin C: 41.73mg (50.58%), Vitamin B6: 0.6mg (30.04%), Potassium: 930.65mg (26.59%), Fiber: 6.41g (25.66%), Phosphorus: 194.25mg (19.43%), Manganese: 0.37mg (18.48%), Calcium: 142.42mg (14.24%), Magnesium: 53.48mg (13.37%), Vitamin B3: 2.62mg (13.12%), Vitamin B2: 0.21mg (12.28%), Iron: 2.19mg (12.15%), Copper: 0.22mg (10.94%), Vitamin B1: 0.15mg (10.16%), Folate: 38.47µg (9.62%), Zinc: 1.18mg (7.86%), Selenium: 5.36µg (7.66%), Vitamin B5: 0.65mg (6.52%), Vitamin E: 0.79mg (5.24%), Vitamin B12: 0.17µg (2.81%)