



Spanish Roasted Potatoes with Tomato Sauce (Patatas Bravas)



Dairy Free



Popular

READY IN



65 min.

SERVINGS



4

CALORIES



1036 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds yukon gold potatoes peeled cut into 1 to 1 1/2-inch chunks (or un-peeled, your choice)
- ☐ 4 servings olive oil extra virgin
- ☐ 4 servings salt
- ☐ 0.5 medium onion yellow chopped
- ☐ 3 garlic cloves chopped
- ☐ 0.5 cup white wine (can substitute stock)
- ☐ 2 tablespoons tomato paste

- ☐ 14 ounce canned tomatoes crushed canned
- ☐ 2 teaspoons tabasco
- ☐ 1 teaspoon paprika smoked
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 4 servings meat from a rotisserie chicken
- ☐ 4 servings beef
- ☐ 4 servings fatty pork
- ☐ 4 servings fish and seafood
- ☐ 4 servings pasta and noodles

Equipment

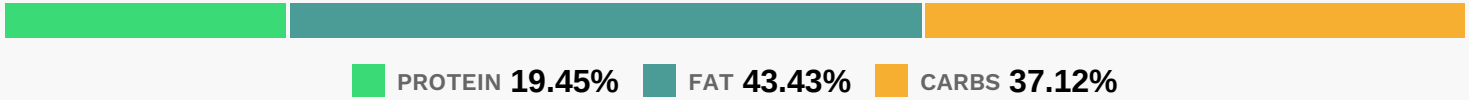
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ casserole dish
- ☐ immersion blender

Directions

- ☐ Roast the potatoes: Preheat oven to 375°F. Toss the potatoes with 3 tablespoons of olive oil and salt well. Arrange in one layer in a casserole pan or rimmed baking tray and roast until browned, about 50 minutes.
- ☐ Sauté onions and garlic: While the potatoes are roasting, make the sauce.
- ☐ Heat 2 tablespoons of olive oil in a medium pot set over medium-high heat. Sauté the chopped onions, stirring occasionally, for 4–5 minutes, or until they begin to brown on the edges.
- ☐ Add the garlic and sauté another 2 minutes.

- ☐ Add the white wine to the pan and turn the heat to high. Boil on a high boil until the wine is reduced by half, then add the tomato paste and stir to combine.
- ☐ Add the crushed tomatoes, Tabasco sauce, salt, sugar and smoked paprika. Stir well and reduce the heat to a bare simmer.
- ☐ Let the sauce cook slowly while the potatoes roast. If you want, you can use a blender or an immersion blender to purée the sauce until smooth.
- ☐ Toss potatoes with sauce, continue to roast: When the potatoes are well browned, toss with the tomato sauce and return to the casserole pan. Continue to roast until the tomato sauce dries out a bit on the potatoes and caramelizes, about 10 minutes.
- ☐ Serve with the remaining tomato sauce as an appetizer or side dish.

Nutrition Facts



Properties

Glycemic Index:91.46, Glycemic Load:49.7, Inflammation Score:-8, Nutrition Score:39.979565527128%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 1036.12kcal (51.81%), Fat: 49.03g (75.43%), Saturated Fat: 13.5g (84.35%), Carbohydrates: 94.29g (31.43%), Net Carbohydrates: 84.84g (30.85%), Sugar: 10.57g (11.75%), Cholesterol: 142.93mg (47.64%), Sodium: 1176.19mg (51.14%), Alcohol: 3.09g (100%), Alcohol %: 0.6% (100%), Protein: 49.39g (98.79%), Selenium: 66.58µg (95.12%), Vitamin B6: 1.65mg (82.38%), Vitamin B3: 15.97mg (79.87%), Vitamin C: 60.52mg (73.36%), Manganese: 1.2mg (59.86%), Phosphorus: 585.34mg (58.53%), Potassium: 1956.95mg (55.91%), Zinc: 6.88mg (45.84%), Iron: 7.01mg (38.97%), Fiber: 9.46g (37.83%), Copper: 0.74mg (37.04%), Magnesium: 147.6mg (36.9%), Vitamin B12: 2.18µg (36.3%), Vitamin E: 4.51mg (30.1%), Vitamin B1: 0.44mg (29.01%), Vitamin B5: 2.68mg (26.84%), Vitamin B2: 0.45mg (26.33%), Vitamin K: 22.8µg (21.71%), Folate: 76.32µg (19.08%), Vitamin A: 741.8IU (14.84%), Calcium: 114.93mg (11.49%), Vitamin D: 0.33µg (2.22%)