



Chipotle Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup celery stalks finely chopped
- ☐ 1 tablespoon chipotles in adobo minced seeded
- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 3 tablespoons olive oil
- ☐ 2 pounds potatoes - remove skin red
- ☐ 2 tablespoons red wine vinegar
- ☐ 6 servings salt and pepper
- ☐ 3 spring onion light white green finely chopped

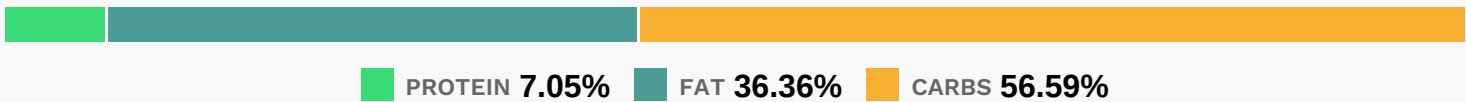
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot

Directions

- ☐ Place potatoes in a large pot and cover with water.
- ☐ Add 1 Tbsp. salt, bring to a boil and cook until potatoes are tender, about 10 minutes (poke with tip of a knife to check).
- ☐ Drain potatoes. When cool enough to handle, cut each potato into quarters and transfer to a large bowl.
- ☐ Sprinkle warm potatoes with vinegar and let stand 10 minutes.
- ☐ Add celery, scallions, chipotles and parsley; stir to combine.
- ☐ Drizzle with olive oil, season with salt and pepper and mix thoroughly.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:12.541304443194%

Flavonoids

Apigenin: 11.02mg, Apigenin: 11.02mg, Apigenin: 11.02mg, Apigenin: 11.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 175.23kcal (8.76%), Fat: 7.28g (11.2%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 22.2g (8.07%), Sugar: 2.41g (2.68%), Cholesterol: 0mg (0%), Sodium: 232.06mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.35%), Vitamin K: 105.48µg (100.46%), Vitamin C: 21.07mg

(25.54%), Potassium: 756.15mg (21.6%), Vitamin B6: 0.27mg (13.57%), Fiber: 3.28g (13.1%), Manganese: 0.24mg (12.11%), Copper: 0.22mg (10.93%), Vitamin A: 529.52IU (10.59%), Folate: 41.69µg (10.42%), Phosphorus: 99.77mg (9.98%), Magnesium: 38.09mg (9.52%), Vitamin B3: 1.86mg (9.31%), Iron: 1.64mg (9.13%), Vitamin B1: 0.13mg (8.79%), Vitamin E: 1.12mg (7.44%), Vitamin B5: 0.47mg (4.67%), Zinc: 0.59mg (3.93%), Vitamin B2: 0.06mg (3.61%), Calcium: 30.2mg (3.02%), Selenium: 0.83µg (1.19%)