



Cilantro Potato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 4.5 oz chiles green chopped canned
- ☐ 4 slices bacon crumbled cooked
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 green onions chopped
- ☐ 1 cup mayonnaise light
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon pepper

- ☐ 3.5 pounds potatoes red
- ☐ 2 teaspoons salt divided

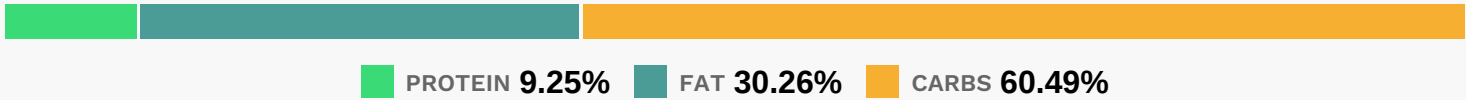
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Cook potatoes and 1 teaspoon salt in boiling water to cover in a large Dutch oven 15 minutes or just until fork tender.
- ☐ Drain and let stand in ice water to cover 15 minutes; drain well.
- ☐ Cut potatoes into quarters.
- ☐ Stir together mayonnaise, next 6 ingredients, and remaining 1 teaspoon salt in a large bowl; add potatoes, and toss to coat. Cover and chill at least 1 hour.
- ☐ Sprinkle evenly with bacon just before serving.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:11.472173881919%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 231.02kcal (11.55%), Fat: 7.96g (12.25%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 35.81g (11.94%), Net Carbohydrates: 31.98g (11.63%), Sugar: 3.74g (4.15%), Cholesterol: 8.44mg (2.81%), Sodium: 980.35mg (42.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.95%), Vitamin K: 32.41µg (30.86%), Vitamin C: 24.79mg (30.05%), Potassium: 973.16mg (27.8%), Vitamin B6: 0.39mg (19.43%), Manganese: 0.32mg (15.85%),

Fiber: 3.83g (15.34%), Phosphorus: 145.81mg (14.58%), Copper: 0.28mg (14.25%), Vitamin B3: 2.84mg (14.22%),
Vitamin B1: 0.19mg (12.78%), Folate: 49.15µg (12.29%), Magnesium: 47.79mg (11.95%), Iron: 1.84mg (10.24%), Vitamin
B5: 0.64mg (6.44%), Zinc: 0.84mg (5.62%), Selenium: 3.89µg (5.56%), Vitamin B2: 0.08mg (4.79%), Vitamin E:
0.7mg (4.67%), Calcium: 33.51mg (3.35%), Vitamin A: 147.51IU (2.95%)