



Creamy Chipotle Potato Salad

 Vegetarian  Gluten Free

READY IN



180 min.

SERVINGS



12

CALORIES



111 kcal

SIDE DISH

Ingredients

- 2 Tbsp chipotle peppers in adobo sauce chopped
- 1 cup knudsen cream sour
- 0.5 cup regular corn frozen thawed
- 0.5 cup peas frozen thawed
- 2 lb potatoes cubed peeled
- 0.5 cup bell pepper red chopped
- 0.5 tsp salt

Equipment

bowl

Directions

Cook potatoes in boiling water for 15 min. or just until tender.

Meanwhile, combine remaining ingredients in large bowl.

Drain potatoes well.

Add to sour cream mixture; mix lightly. Cover and refrigerate several hours or overnight.

Nutrition Facts

PROTEIN 9.09% **FAT 30.42%** **CARBS 60.49%**

Properties

Glycemic Index:13.34, Glycemic Load:9.98, Inflammation Score:-4, Nutrition Score:6.192608628584%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 111.07kcal (5.55%), Fat: 3.88g (5.97%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 17.37g (5.79%), Net Carbohydrates: 14.79g (5.38%), Sugar: 2.01g (2.24%), Cholesterol: 11.31mg (3.77%), Sodium: 108.29mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin C: 25.92mg (31.42%), Vitamin B6: 0.27mg (13.57%), Potassium: 390.3mg (11.15%), Fiber: 2.58g (10.32%), Manganese: 0.16mg (8.03%), Vitamin A: 361.92IU (7.24%), Phosphorus: 71.78mg (7.18%), Magnesium: 24.25mg (6.06%), Vitamin B1: 0.09mg (6.05%), Folate: 22.78µg (5.69%), Vitamin B3: 1.12mg (5.59%), Copper: 0.1mg (5.02%), Iron: 0.83mg (4.59%), Vitamin B2: 0.08mg (4.45%), Vitamin K: 3.53µg (3.36%), Vitamin B5: 0.33mg (3.34%), Calcium: 30.71mg (3.07%), Zinc: 0.42mg (2.81%), Selenium: 1.11µg (1.58%), Vitamin E: 0.19mg (1.24%)