



HEALTH SCORE

100%

Dinner Tonight: Fingerling Potato Salad with Green Chile-Cilantro Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



493 kcal

SIDE DISH

Ingredients



2 tablespoons apple cider vinegar



2 pounds fingerling potatoes peeled



1 cup cilantro leaves fresh



1 garlic clove



2 jalapeno seeded chopped



2 tablespoons olive oil extra virgin extra-virgin



1 shallots peeled chopped

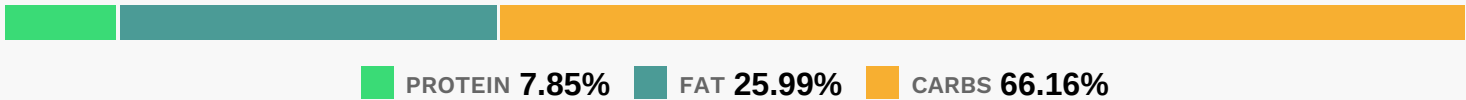
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Place the potatoes in a pan, cover with water, and then bring the water to a boil. Turn to a simmer and cook for 15 minutes, or until the potatoes are tender.
- ☐ Drain the potatoes and let cool for a few minutes.
- ☐ Cut in half and set aside.
- ☐ Meanwhile, toss the jalapeños, cilantro, shallot, garlic, oil, and vinegar in blender. Process until finely chopped and a paste has formed.
- ☐ Toss the salsa with the potatoes.

Nutrition Facts



Properties

Glycemic Index:123.88, Glycemic Load:58.9, Inflammation Score:-8, Nutrition Score:26.703912734985%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 493.31kcal (24.67%), Fat: 14.52g (22.34%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 83.18g (27.73%), Net Carbohydrates: 72.16g (26.24%), Sugar: 5.24g (5.83%), Cholesterol: 0mg (0%), Sodium: 34.1mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.74%), Vitamin C: 109.59mg (132.84%), Vitamin B6: 1.47mg (73.52%), Potassium: 2044.88mg (58.43%), Fiber: 11.03g (44.11%), Vitamin K: 44.56µg (42.44%), Manganese: 0.84mg (42.03%), Magnesium: 112.26mg (28.06%), Phosphorus: 277.02mg (27.7%), Copper: 0.53mg (26.55%), Vitamin B1: 0.38mg (25.62%), Vitamin B3: 5.08mg (25.42%), Iron: 4mg (22.21%), Folate: 85.61µg (21.4%), Vitamin E: 2.77mg (18.46%), Vitamin B5: 1.48mg (14.78%), Vitamin A: 700.47IU (14.01%), Vitamin B2: 0.17mg (10.12%), Zinc: 1.45mg (9.66%), Calcium: 70mg (7%), Selenium: 1.87µg (2.67%)