



Dinner Tonight: Roasted New Potato Salad with Poblano Mayo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



430 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 4 slices bacon crumbled cooked
- ☐ 1 egg yolk
- ☐ 4 garlic clove peeled
- ☐ 4 spring onion chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 pounds baby potatoes cut into bite size pieces (if necessary)

- ☐ 1 cup olive oil
- ☐ 2 large poblano pepper
- ☐ 4 servings vegetable oil
- ☐ 0.3 cup rice vinegar light spanish (rice vinegar or cava vinegar)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ roasting pan

Directions

- ☐ Adjust oven rack to middle position and preheat the oven to 375°F. Toss potatoes on one side of roasting pan and drizzle with vegetable oil. Season with salt and pepper. Roast for 10 minutes.
- ☐ Remove the baking sheet from the oven. Toss the poblanos and garlic with a little more vegetable oil and place on the other side of the baking sheet.
- ☐ Add the green onions on top of the new potatoes.
- ☐ Place back in the oven and cook until the potatoes are tender, the poblanos are evenly blistered, and the garlic is soft, about 20 minutes.
- ☐ Remove from the oven and let cool.
- ☐ Peel off the blackened skin from the poblanos, and discard the seeds and stems. Chop the poblano and place half in a blender along with the roasted garlic, egg yolk, vinegar, and 1/2 teaspoon salt. Blend until smooth. While still running, slowly drizzle in the olive oil.
- ☐ Toss potatoes, green onion, cilantro, and the rest of the roasted chile into a medium bowl.
- ☐ Add a half cup of the poblano mayonnaise and stir until thoroughly coated.
- ☐ Serve with the crumbled bacon.

Nutrition Facts



 **PROTEIN 7.32%**  **FAT 59.94%**  **CARBS 32.74%**

Properties

Glycemic Index:67.44, Glycemic Load:22.47, Inflammation Score:-7, Nutrition Score:19.852608872497%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 3.93mg, Luteolin: 3.93mg, Luteolin: 3.93mg, Luteolin: 3.93mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 430.2kcal (21.51%), Fat: 29.14g (44.83%), Saturated Fat: 5.12g (31.97%), Carbohydrates: 35.8g (11.93%), Net Carbohydrates: 30.23g (10.99%), Sugar: 3.65g (4.05%), Cholesterol: 56.52mg (18.84%), Sodium: 152.67mg (6.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.02%), Vitamin C: 102.9mg (124.73%), Vitamin K: 69.73µg (66.41%), Vitamin B6: 0.79mg (39.52%), Potassium: 956.55mg (27.33%), Manganese: 0.46mg (22.98%), Fiber: 5.56g (22.26%), Vitamin E: 3.26mg (21.77%), Phosphorus: 172.25mg (17.23%), Vitamin B1: 0.25mg (16.59%), Vitamin B3: 3.12mg (15.62%), Copper: 0.27mg (13.66%), Magnesium: 53.77mg (13.44%), Folate: 50.39µg (12.6%), Iron: 2.13mg (11.82%), Vitamin A: 562.59IU (11.25%), Selenium: 7.68µg (10.97%), Vitamin B5: 0.84mg (8.43%), Vitamin B2: 0.13mg (7.91%), Zinc: 1.04mg (6.92%), Calcium: 51.54mg (5.15%), Vitamin B12: 0.17µg (2.92%), Vitamin D: 0.28µg (1.83%)