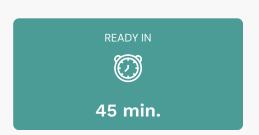


# Dinner Tonight: Roasted New Potato Salad with Poblano Mayo







SIDE DISH

## **Ingredients**

O.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**

### **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, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 4.87mg, 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 %: O% (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%)