



HEALTH SCORE

100%

Purple Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

SIDE DISH

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup juice of lime
- 1 cup orange juice
- 3 oz poblano pepper
- 2 pounds purple potatoes thick
- 0.5 lb bell pepper red
- 8 servings salt
- 2 baby squash yellow ()

0.3 pound tomatillos

Equipment

bowl

frying pan

Directions

Scrub potatoes and place on a rack in a 5- to 6-quart pan over about 1 inch boiling water. Cover and steam over medium-high heat until potatoes are almost tender when pierced, about 15 minutes.

Rinse squash and trim stem ends.

Cut squash in half lengthwise. Set squash on potatoes, cover, and continue to steam until vegetables are tender when pierced, about 5 minutes more.

Add boiling water to pan as needed to maintain water level.

Let vegetables cool.

Meanwhile, husk, rinse, and thinly slice the tomatillos. Stem, seed, and dice the red bell pepper and the poblano chili.

When the potatoes are cool enough to touch, peel and cut into pieces no thicker than 1/2 inch. Put potatoes in a wide salad bowl.

Add orange and lime juices; mix gently, taste, and if desired add about 1 teaspoon sugar (or to taste).

Add tomatillos, red bell pepper, chili, and cilantro to potatoes; mix gently.

Cut squash halves in half lengthwise, add to salad, and mix gently again. Season potato salad to taste with salt.

Serve while still warm or at room temperature.

Nutrition Facts



PROTEIN 8.93% **FAT 2.48%** **CARBS 88.59%**

Properties

Glycemic Index:26.22, Glycemic Load:16.54, Inflammation Score:-10, Nutrition Score:23.614782540695%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 203.57kcal (10.18%), Fat: 0.61g (0.94%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 41.85g (15.22%), Sugar: 9.88g (10.97%), Cholesterol: 0mg (0%), Sodium: 210.53mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.93%), Vitamin A: 20979.94IU (419.6%), Vitamin C: 128.38mg (155.61%), Potassium: 1336.16mg (38.18%), Vitamin B6: 0.76mg (37.82%), Manganese: 0.63mg (31.42%), Fiber: 7.43g (29.71%), Magnesium: 101.89mg (25.47%), Folate: 94.99µg (23.75%), Vitamin B1: 0.34mg (22.52%), Vitamin E: 3.31mg (22.07%), Vitamin B3: 4.19mg (20.94%), Copper: 0.3mg (14.98%), Phosphorus: 149.16mg (14.92%), Iron: 2.53mg (14.05%), Vitamin B5: 1.29mg (12.88%), Calcium: 113.63mg (11.36%), Vitamin K: 9.5µg (9.04%), Vitamin B2: 0.12mg (6.95%), Zinc: 0.76mg (5.04%), Selenium: 1.43µg (2.04%)