



WHATSheATE



HEALTH SCORE

57%

Fingerling Potato Salad with Green Chile-Cilantro Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons cider vinegar
- ☐ 2 cups cilantro sprigs fresh coarsely chopped
- ☐ 4 lb fingerling potatoes boiling
- ☐ 1 garlic clove coarsely chopped
- ☐ 3 jalapeño chiles fresh
- ☐ 0.3 cup olive oil extra-virgin

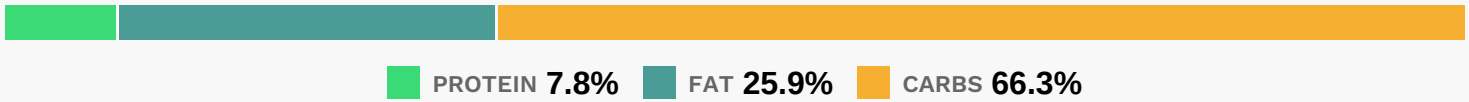
Equipment

☐ food processor

Directions

- ☐ Cover potatoes with salted cold water by 1 inch, then simmer until just tender, 10 to 15 minutes. (Potatoes will continue to cook after draining; do not overcook or they will break apart.)
- ☐ Drain potatoes and rinse under cold water until slightly cooled. Halve lengthwise and while still warm gently toss with 1 tablespoon vinegar. Cool potatoes to room temperature, then season with salt and pepper.
- ☐ While potatoes cook, coarsely chop jalapeños and pulse in a food processor with cilantro, shallots, garlic, oil, and remaining 3 tablespoons vinegar until finely chopped.
- ☐ Toss potatoes with salsa.
- ☐ • We cool the potatoes before tossing them with the salsa so the herbs won't discolor. • Salsa may be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:27.22, Glycemic Load:29.14, Inflammation Score:-6, Nutrition Score:13.468695842701%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 238.88kcal (11.94%), Fat: 7g (10.76%), Saturated Fat: 1g (6.23%), Carbohydrates: 40.3g (13.43%), Net Carbohydrates: 35.05g (12.74%), Sugar: 2.05g (2.28%), Cholesterol: 0mg (0%), Sodium: 16.18mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Vitamin C: 52.1mg (63.15%), Vitamin B6: 0.7mg (35.08%), Potassium: 995.72mg (28.45%), Fiber: 5.26g (21.03%), Vitamin K: 21.75µg (20.71%), Manganese: 0.39mg (19.7%), Magnesium: 54.46mg (13.61%), Phosphorus: 133.73mg (13.37%), Copper: 0.26mg (12.9%), Vitamin B3: 2.5mg (12.52%), Vitamin B1: 0.19mg (12.46%), Iron: 1.91mg (10.62%), Folate: 40.2µg (10.05%), Vitamin E: 1.28mg (8.55%), Vitamin B5: 0.71mg (7.13%), Vitamin A: 331.08IU (6.62%), Vitamin B2: 0.08mg (4.89%), Zinc: 0.69mg (4.62%), Calcium: 31.8mg (3.18%), Selenium: 0.8µg (1.14%)