



Fresh Corn-and-Potato Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

224 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 1 pound baby potatoes red
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 cups corn kernels fresh 6 ears
- ☐ 0.5 cup green onions sliced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 0.5 large bell pepper diced red
- ☐ 0.5 teaspoon salt

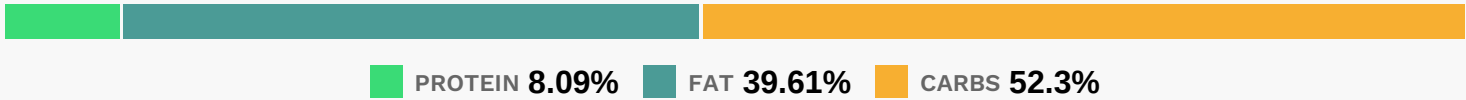
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring potatoes and salted cold water to cover to a boil in a large Dutch oven; boil 10 minutes or just until tender.
- ☐ Drain and let cool 15 minutes.
- ☐ Whisk together cilantro and next 4 ingredients in a large bowl.
- ☐ Add warm potatoes, corn, and remaining 3 ingredients; toss to coat.
- ☐ Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:41.96, Glycemic Load:10.23, Inflammation Score:-7, Nutrition Score:13.829130421514%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 224.08kcal (11.2%), Fat: 10.71g (16.48%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 25.87g (9.41%), Sugar: 6.25g (6.95%), Cholesterol: 0mg (0%), Sodium: 214.01mg (9.3%), Alcohol: 0g (0%)

(100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Vitamin C: 44.66mg (54.14%), Vitamin K: 31.8µg (30.29%), Fiber: 5.95g (23.81%), Vitamin B6: 0.43mg (21.29%), Potassium: 742.88mg (21.23%), Folate: 82.49µg (20.62%), Manganese: 0.34mg (16.8%), Vitamin A: 746.63IU (14.93%), Magnesium: 58.3mg (14.57%), Vitamin B3: 2.86mg (14.3%), Vitamin B1: 0.21mg (13.98%), Phosphorus: 133.31mg (13.33%), Vitamin B5: 1.27mg (12.74%), Vitamin E: 1.72mg (11.47%), Copper: 0.2mg (9.98%), Iron: 1.4mg (7.75%), Vitamin B2: 0.13mg (7.55%), Zinc: 0.85mg (5.64%), Calcium: 23.9mg (2.39%), Selenium: 0.88µg (1.26%)