



Jalapeno Potato Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



130 kcal

SIDE DISH

Ingredients

- 1 teaspoon dijon mustard
- 0.1 teaspoon dillweed dried
- 1 tablespoon cilantro leaves fresh minced
- 1 tablespoon green onions finely chopped
- 2 teaspoons bell pepper green finely chopped
- 1 teaspoon jalapeno minced
- 2 tablespoons cup heavy whipping cream sour low-fat
- 1 tablespoon mayonnaise reduced-calorie

- 0.3 teaspoon pepper
- 6 ounces round potatoes red
- 1 tablespoon radishes finely chopped
- 0.1 teaspoon salt

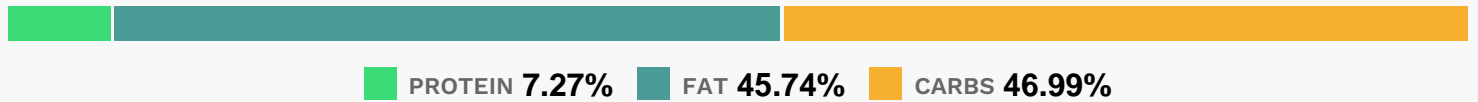
Equipment

- bowl

Directions

- Wash potatoes. Cook in boiling water to cover 20 to 25 minutes or until tender; drain and cool slightly. Dice potatoes, and place in a medium bowl.
- Combine radish and remaining ingredients in a small bowl, stirring well.
- Spoon sour cream mixture over potato, and toss gently. Cover and chill thoroughly.

Nutrition Facts



Properties

Glycemic Index:126, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:6.218260889468%

Flavonoids

Pelargonidin: 4.67mg, Pelargonidin: 4.67mg, Pelargonidin: 4.67mg, Pelargonidin: 4.67mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 129.66kcal (6.48%), Fat: 6.75g (10.39%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 13.63g (4.96%), Sugar: 1.63g (1.81%), Cholesterol: 7.14mg (2.38%), Sodium: 246.42mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.83%), Vitamin K: 22.14µg (21.08%), Vitamin C: 16.1mg (19.52%), Potassium: 464.36mg (13.27%), Manganese: 0.18mg (9.24%), Vitamin B6: 0.18mg (9%), Fiber: 1.98g (7.92%), Phosphorus: 69.62mg (6.96%), Copper: 0.13mg (6.69%), Magnesium: 24.15mg (6.04%), Vitamin B1: 0.09mg (5.74%), Folate: 22.26µg (5.56%), Vitamin B3: 1.1mg (5.48%), Iron: 0.84mg (4.64%), Calcium: 34.81mg (3.48%), Vitamin B2: 0.05mg (3.12%), Vitamin A: 145.77IU (2.92%), Vitamin B5: 0.29mg (2.89%), Zinc: 0.42mg (2.77%), Vitamin E: 0.41mg (2.76%), Selenium: 1.89µg (2.71%)