



## Jalapeño Potato Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black
- 2 teaspoons dijon mustard
- 2 tablespoons mayonnaise fat-free
- 2 tablespoons cilantro leaves fresh minced
- 2 tablespoons green onions finely chopped
- 2 teaspoons jalapeno minced seeded
- 0.3 cup cup heavy whipping cream sour low-fat
- 1 pound round potatoes red

0.3 teaspoon salt

## Equipment

bowl

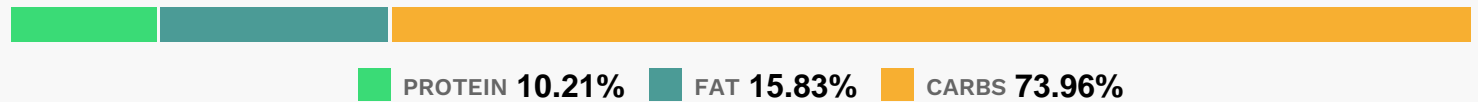
## Directions

Wash potatoes. Cook in boiling water to cover 20 to 25 minutes or until tender; drain and cool slightly. Coarsely chop potatoes, and place in a medium bowl.

Combine onions and remaining 7 ingredients in a small bowl, stirring well. Spoon mixture over potato, and toss gently. Cover and chill at least 3 hours.

Tip: This potato salad will add punch to a meal featuring a mildly flavored meat or sandwich.

## Nutrition Facts



## Properties

Glycemic Index:26.67, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:4.2526086931643%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 72.46kcal (3.62%), Fat: 1.32g (2.03%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 12.29g (4.47%), Sugar: 1.62g (1.8%), Cholesterol: 3.77mg (1.26%), Sodium: 174.03mg (7.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.83%), Potassium: 381.66mg (10.9%), Vitamin C: 8.98mg (10.89%), Vitamin K: 8.55µg (8.15%), Manganese: 0.14mg (7.07%), Vitamin B6: 0.14mg (7.02%), Fiber: 1.59g (6.36%), Phosphorus: 56.45mg (5.65%), Copper: 0.11mg (5.5%), Magnesium: 19.46mg (4.86%), Vitamin B1: 0.07mg (4.68%), Vitamin B3: 0.92mg (4.6%), Folate: 16.62µg (4.15%), Iron: 0.64mg (3.58%), Calcium: 24.93mg (2.49%), Vitamin B2: 0.04mg (2.35%), Vitamin B5: 0.23mg (2.26%), Zinc: 0.32mg (2.16%), Selenium: 1.28µg (1.83%), Vitamin A: 85.72IU (1.71%)