



Lighter Smoky New Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

Ingredients

- 1 tablespoon cilantro leaves fresh chopped
- 1 large clove garlic minced
- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup mayonnaise light reduced-calorie
- 2 teaspoons juice of lime
- 1.5 pounds new potatoes red scrubbed
- 2 teaspoons olive oil
- 1 tablespoon shallots finely chopped

1 teaspoon paprika smoked sweet

Equipment

bowl

frying pan

sauce pan

knife

whisk

Directions

Place the potatoes in a large saucepan and cover by 2 inches with cold salted water. Bring to a boil, lower the heat and simmer until just tender when pierced with the tip of a paring knife, 15 to 20 minutes.

Meanwhile, whisk together the mayonnaise, shallot, lime juice and paprika in a medium bowl.

Heat the oil in a small skillet over medium heat.

Add the garlic and cook, stirring, until fragrant, 1 to 2 minutes. Set aside.

Drain the potatoes and let them sit until cool enough to handle but still very warm, 3 to 4 minutes.

Cut the potatoes into wedges and add to the mayonnaise mixture. Toss to combine, season with salt and pepper and drizzle with the olive oil and garlic mixture.

Sprinkle with the cilantro and serve warm or room temperature.

Nutrition Facts



Properties

Glycemic Index:55.69, Glycemic Load:21.95, Inflammation Score:-5, Nutrition Score:9.8282609918843%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 187.2kcal (9.36%), Fat: 5.34g (8.21%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 32.22g (10.74%), Net Carbohydrates: 28.17g (10.25%), Sugar: 2.12g (2.36%), Cholesterol: 2.24mg (0.75%), Sodium: 126.91mg (5.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin C: 34.72mg (42.09%), Vitamin B6: 0.53mg (26.6%), Potassium: 748mg (21.37%), Fiber: 4.05g (16.2%), Manganese: 0.3mg (15.13%), Vitamin K: 12.88µg (12.26%), Phosphorus: 103.83mg (10.38%), Magnesium: 41.4mg (10.35%), Copper: 0.2mg (9.83%), Vitamin B1: 0.14mg (9.51%), Vitamin B3: 1.86mg (9.3%), Iron: 1.52mg (8.44%), Folate: 29.22µg (7.31%), Vitamin B5: 0.54mg (5.41%), Vitamin A: 268.18IU (5.36%), Vitamin E: 0.77mg (5.12%), Vitamin B2: 0.06mg (3.68%), Zinc: 0.55mg (3.65%), Calcium: 25.56mg (2.56%), Selenium: 1.05µg (1.5%)