



Lime-Potato Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 4.5 ounce chiles green chopped canned
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 teaspoons lime rind grated
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 0.5 cup nonfat yogurt plain

- ☐ 0.5 small purple onion minced
- ☐ 3 pounds potatoes red cut into 3/4-inch cubes
- ☐ 2 teaspoons salt
- ☐ 2 teaspoons sugar

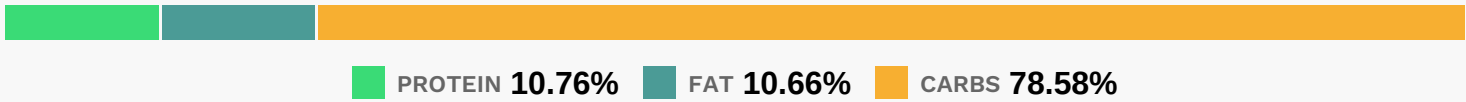
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Place potato on an aluminum foil-lined baking sheet. Coat potato with cooking spray; sprinkle with salt.
- ☐ Bake at 450 for 40 minutes or until tender.
- ☐ Let cool 15 minutes.
- ☐ Stir together yogurt and next 8 ingredients; reserve half of dressing.
- ☐ Combine potato and onion in a large bowl; add remaining dressing, tossing gently to coat. Cover and chill 2 hours. Toss with reserved dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:24.76, Glycemic Load:0.86, Inflammation Score:-4, Nutrition Score:9.1995652810387%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 157.23kcal (7.86%), Fat: 1.93g (2.97%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 28.69g (10.43%), Sugar: 5.06g (5.62%), Cholesterol: 1.43mg (0.48%), Sodium: 745.83mg (32.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Vitamin C: 23.25mg (28.18%), Potassium: 858.11mg (24.52%), Vitamin B6: 0.33mg (16.52%), Phosphorus: 134.94mg (13.49%), Fiber: 3.36g (13.46%), Manganese: 0.26mg (13.05%), Copper: 0.24mg (11.97%), Folate: 43.63µg (10.91%), Magnesium: 43.27mg (10.82%), Vitamin B3: 2.11mg (10.55%), Vitamin B1: 0.15mg (10.26%), Iron: 1.64mg (9.11%), Vitamin K: 9.32µg (8.88%), Vitamin B5: 0.61mg (6.1%), Calcium: 58.76mg (5.88%), Vitamin B2: 0.1mg (5.77%), Zinc: 0.76mg (5.07%), Selenium: 1.7µg (2.43%), Vitamin A: 80.65IU (1.61%), Vitamin B12: 0.09µg (1.56%), Vitamin E: 0.22mg (1.45%)