



Mesa Grill's Southwestern Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



404 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon cayenne
- 2 tablespoons chipotle pepper puree
- 0.3 cup cilantro leaves chopped
- 0.3 cup dijon mustard
- 4 cloves garlic finely chopped
- 2 tablespoons juice of lime fresh
- 1.5 cups mayonnaise prepared
- 16 new potatoes cooked drained sliced

- 1 medium onion red thinly sliced
- 8 servings salt and pepper black freshly ground
- 3 scallions white green chopped
- 1 large tomatoes diced ripe seeded

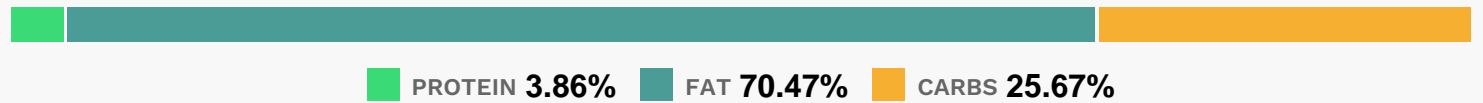
Equipment

- bowl

Directions

- Combine all the ingredients, except the potatoes, in a medium bowl and season with salt and pepper, to taste.
- Place warm potatoes in a large bowl and pour the mixture over potatoes and mix well. Season again with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:48.59, Glycemic Load:15.22, Inflammation Score:-6, Nutrition Score:12.348260781039%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 403.72kcal (20.19%), Fat: 32.04g (49.3%), Saturated Fat: 5.04g (31.48%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 21.67g (7.88%), Sugar: 4.14g (4.6%), Cholesterol: 17.64mg (5.88%), Sodium: 365.22mg (15.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.89%), Vitamin K: 83.73µg (79.75%), Vitamin C: 28.9mg (35.03%), Vitamin B6: 0.4mg (20.03%), Fiber: 4.6g (18.39%), Potassium: 594.86mg (17%), Manganese: 0.3mg (15.04%), Vitamin E: 1.63mg (10.84%), Phosphorus: 95.76mg (9.58%), Magnesium: 35.86mg (8.96%), Vitamin B1: 0.13mg (8.7%), Copper: 0.17mg (8.28%), Folate: 30.35µg (7.59%), Iron: 1.3mg (7.22%), Vitamin A: 358.02IU (7.16%),

Vitamin B3: 1.43mg (7.16%), Selenium: 4.28µg (6.12%), Vitamin B5: 0.49mg (4.85%), Vitamin B2: 0.06mg (3.82%),
Zinc: 0.54mg (3.63%), Calcium: 34.58mg (3.46%)