



## Potato Salad with Avocado Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



208 kcal

SIDE DISH

### Ingredients

- ☐ 1 avocado diced ripe peeled
- ☐ 1 pinch chili powder
- ☐ 0.5 cup cilantro leaves plus more for garnish chopped
- ☐ 0.5 cup crema fresca
- ☐ 2 garlic cloves finely chopped
- ☐ 1 pint grape tomatoes cut in half
- ☐ 0.5 teaspoon ground cumin
- ☐ 8 servings salt and ground pepper black

- ☐ 4 tablespoons juice of lime fresh
- ☐ 1 small onion red thinly sliced
- ☐ 3 pounds potatoes red cooked sliced
- ☐ 1 scallion chopped
- ☐ 1 tablesppon vinegar white

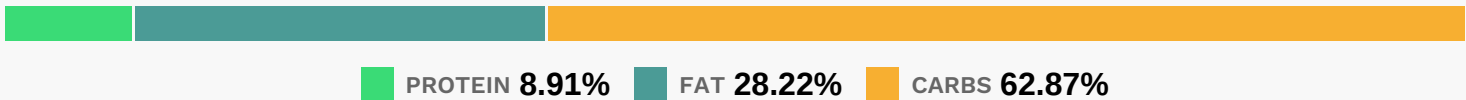
## Equipment

- ☐ bowl
- ☐ blender

## Directions

- ☐ Place all the ingredients in the blender and blend until creamy consistency.
- ☐ Combine all the salad ingredients, in a medium bowl and season with salt and pepper, to taste.
- ☐ Add the dressing to the potatoes and mix well. Season again with salt and pepper, to taste.

## Nutrition Facts



## Properties

Glycemic Index:35.75, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:13.17130446434%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

## Nutrients (% of daily need)

Calories: 208.36kcal (10.42%), Fat: 6.9g (10.62%), Saturated Fat: 2.07g (12.97%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 28.92g (10.52%), Sugar: 5.17g (5.75%), Cholesterol: 8.48mg (2.83%), Sodium: 41.75mg (1.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Vitamin C: 29.44mg (35.68%), Potassium: 1098.96mg (31.4%), Fiber: 5.67g (22.7%), Vitamin B6: 0.44mg (21.95%), Vitamin K: 21.6µg (20.57%), Manganese: 0.4mg (20%), Copper: 0.33mg (16.44%), Folate: 65.7µg (16.43%), Phosphorus: 149.99mg (15%), Vitamin A: 723.21IU (14.46%), Vitamin B3: 2.82mg (14.08%), Magnesium: 56.02mg (14.01%), Vitamin B1: 0.19mg (12.77%), Iron: 1.73mg (9.63%), Vitamin B5: 0.96mg (9.63%), Vitamin B2: 0.13mg (7.65%), Vitamin E: 0.97mg (6.49%), Zinc: 0.93mg (6.18%), Calcium: 49.43mg (4.94%), Selenium: 1.7µg (2.43%)