



Potato Salad with Chilies and Corn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 cups ears corn fresh
- ☐ 2 garlic clove
- ☐ 3 spring onion thinly sliced
- ☐ 1 teaspoon jalapeno minced seeded
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 medium pepper flakes

- ☐ 1.5 pounds potatoes – remove skin cut into 1/4-inch-thick slices cut in half, halves
- ☐ 2 cups tomatoes diced seeded
- ☐ 1 bunch watercress thick trimmed
- ☐ 1 bell pepper yellow

Equipment

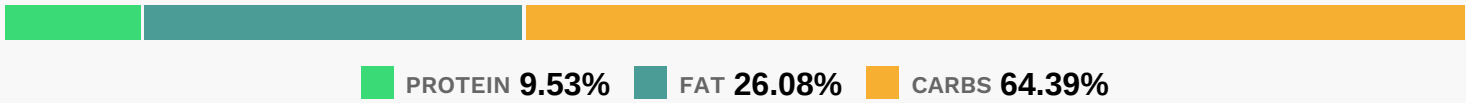
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Char poblano chilies and bell pepper over gas flame or in broiler until blackened on all sides. Enclose in plastic bag; let stand 10 minutes. Peel and seed chilies and bell pepper; cut into 1/4-inch pieces.
- ☐ Transfer to large bowl. Cook corn in medium saucepan of boiling salted water until crisp-tender, about 5 minutes.
- ☐ Drain.
- ☐ Mix corn, tomatoes, green onions, cilantro and jalapeño into chili-bell pepper mixture.
- ☐ Cook potatoes in large pot of boiling salted water for 5 minutes.
- ☐ Add garlic and continue boiling until potatoes are just tender, about 3 minutes longer.
- ☐ Drain. Rinse potatoes and garlic under cold water to cool.
- ☐ Drain. Mince garlic.
- ☐ Mix potatoes and garlic into chili-bell pepper mixture.
- ☐ Whisk lime juice and olive oil in small bowl to blend.
- ☐ Add to potato mixture; toss to coat. Season to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.) Arrange watercress around edge of platter; mound potato salad in center.

*Fresh green chilies, often called pasillas; available at Latin American markets and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:0.91, Inflammation Score:-7, Nutrition Score:11.551304247068%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 133.68kcal (6.68%), Fat: 4.17g (6.41%), Saturated Fat: 0.62g (3.91%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 20.2g (7.34%), Sugar: 4.62g (5.13%), Cholesterol: 0mg (0%), Sodium: 25.12mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.85%), Vitamin C: 62.72mg (76.02%), Vitamin K: 28.01µg (26.68%), Potassium: 652.93mg (18.66%), Vitamin B6: 0.3mg (15.16%), Vitamin A: 691.88IU (13.84%), Manganese: 0.28mg (13.81%), Fiber: 2.94g (11.77%), Folate: 42.99µg (10.75%), Vitamin B3: 2.01mg (10.04%), Phosphorus: 99.3mg (9.93%), Magnesium: 39.66mg (9.91%), Vitamin B1: 0.15mg (9.72%), Copper: 0.19mg (9.62%), Iron: 1.17mg (6.49%), Vitamin E: 0.91mg (6.09%), Vitamin B5: 0.54mg (5.42%), Vitamin B2: 0.07mg (4.24%), Zinc: 0.56mg (3.74%), Calcium: 25.56mg (2.56%), Selenium: 0.86µg (1.23%)