



Potato Salad With Roasted Red Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 7 spring onion sliced
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 12 ounce roasted peppers red drained
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon salt

☐ 3 pounds potatoes – remove skin red

Equipment

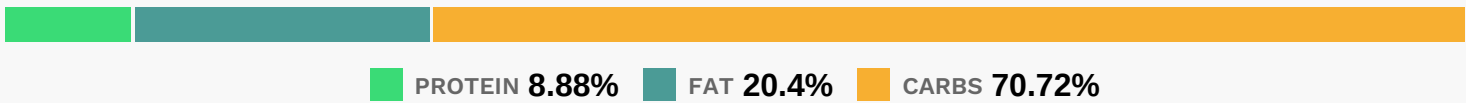
☐ bowl

☐ dutch oven

Directions

- ☐ Bring potatoes, 1 teaspoon salt, and water to cover to a boil in a Dutch oven; cook 30 minutes or until potatoes are tender.
- ☐ Drain; cool slightly, and peel.
- ☐ Cut into cubes.
- ☐ Combine potatoes, roasted peppers, green onions, and cilantro in a large bowl. Stir together lime juice and next 3 ingredients; pour over potato mixture, tossing gently to coat. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:9.3752174688422%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 131.27kcal (6.56%), Fat: 3.12g (4.8%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 24.35g (8.12%), Net Carbohydrates: 21.33g (7.76%), Sugar: 2.1g (2.33%), Cholesterol: 0mg (0%), Sodium: 899.13mg (39.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin C: 31.74mg (38.47%), Vitamin K: 25.71µg (24.49%), Potassium: 707.05mg (20.2%), Vitamin B6: 0.3mg (15.08%), Manganese: 0.28mg (13.92%), Fiber: 3.02g (12.08%), Copper: 0.24mg (11.96%), Phosphorus: 94.59mg (9.46%), Folate: 36.63µg (9.16%), Magnesium: 36.39mg (9.1%), Vitamin B3: 1.82mg (9.08%), Vitamin B1: 0.13mg (8.4%), Iron: 1.44mg (8%), Vitamin A: 328.74IU (6.57%), Vitamin B5: 0.41mg (4.15%), Zinc: 0.56mg (3.7%), Vitamin B2: 0.06mg (3.64%), Calcium: 35.99mg (3.6%), Vitamin E: 0.5mg

(3.35%), Selenium: 0.85µg (1.22%)