



Potato Salad with Toasted Cumin Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon pepper flakes seeded drained chopped
- ☐ 1 tablespoon cumin seeds
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 spring onion thinly sliced
- ☐ 4 large hardboiled eggs peeled coarsely chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 3 tablespoons onion red chopped

- ☐ 2 pounds potatoes – remove skin unpeeled cut into 1-inch pieces
- ☐ 1 tablespoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ skewers

Directions

- ☐ Toast cumin seeds in heavy small skillet over medium heat until fragrant, about 30 seconds. Cool. Using spice grinder, coarsely grind cumin seeds.
- ☐ Transfer to medium bowl.
- ☐ Whisk in lemon juice, then oil. Season dressing to taste with salt and pepper. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Place potatoes in large pot.
- ☐ Add enough cold water to cover.
- ☐ Add 1 tablespoon salt. Boil potatoes until tender when pierced with skewer, about 8 minutes.
- ☐ Drain.
- ☐ Transfer to large bowl.
- ☐ Add eggs, green onions, red onion, cilantro, jalapeño chilies, and 2 tablespoons chili liquid.
- ☐ Pour dressing over salad; toss to coat. Season to taste with salt and pepper.
- ☐ Transfer to serving bowl.
- ☐ Serve warm or at room temperature. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature.)

Nutrition Facts



 PROTEIN **14.57%**  FAT **33.52%**  CARBS **51.91%**

Properties

Glycemic Index:23.5, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:11.496956535008%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 199.75kcal (9.99%), Fat: 7.62g (11.73%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 23.61g (8.59%), Sugar: 3.05g (3.38%), Cholesterol: 124.33mg (41.44%), Sodium: 1234.51mg (53.67%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 7.45g (14.91%), Vitamin C: 21.91mg (26.56%), Potassium: 788.44mg (22.53%), Vitamin K: 17.42µg (16.59%), Vitamin B6: 0.33mg (16.42%), Phosphorus: 159.69mg (15.97%), Selenium: 11.16µg (15.94%), Manganese: 0.28mg (13.99%), Vitamin B2: 0.23mg (13.56%), Iron: 2.31mg (12.83%), Folate: 48.51µg (12.13%), Fiber: 2.95g (11.8%), Copper: 0.23mg (11.41%), Magnesium: 42.95mg (10.74%), Vitamin B1: 0.16mg (10.66%), Vitamin B3: 1.88mg (9.39%), Vitamin B5: 0.92mg (9.19%), Vitamin E: 0.98mg (6.55%), Zinc: 0.94mg (6.26%), Vitamin B12: 0.37µg (6.17%), Vitamin A: 305.99IU (6.12%), Vitamin D: 0.73µg (4.89%), Calcium: 47.29mg (4.73%)