



Salsa Potato Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup celery chopped
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 cup nonfat mayonnaise
- ☐ 3 tablespoons nonfat cream alternative sour
- ☐ 10 ounce potatoes red
- ☐ 0.3 cup bell pepper diced sweet red
- ☐ 2 tablespoons commercial salsa hot

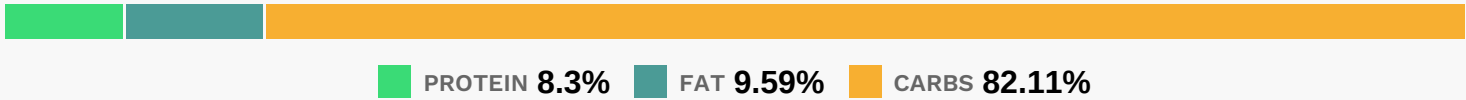
Equipment

☐ bowl

Directions

- ☐ Wash potatoes. Cook in boiling water to cover 15 minutes or until tender; drain and cool completely. Peel potatoes, and cut into 1/2-inch cubes.
- ☐ Combine potato, celery, pepper, and cilantro; stir gently.
- ☐ Combine mayonnaise and remaining ingredients in a small bowl; stir well.
- ☐ Add mayonnaise mixture to potato mixture; toss gently to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:5.2704347579376%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 76.7kcal (3.83%), Fat: 0.86g (1.32%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 16.49g (5.5%), Net Carbohydrates: 14.35g (5.22%), Sugar: 4.27g (4.74%), Cholesterol: 2.24mg (0.75%), Sodium: 267.47mg (11.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Vitamin C: 18.43mg (22.34%), Potassium: 394.67mg (11.28%), Vitamin K: 11.48µg (10.94%), Fiber: 2.14g (8.55%), Vitamin B6: 0.17mg (8.36%), Vitamin A: 378.36IU (7.57%), Manganese: 0.14mg (6.82%), Copper: 0.11mg (5.52%), Phosphorus: 51.7mg (5.17%), Vitamin B3: 1.02mg (5.12%), Folate: 19.77µg (4.94%), Magnesium: 19.61mg (4.9%), Vitamin B1: 0.07mg (4.5%), Iron: 0.72mg (4%), Vitamin B5: 0.26mg (2.6%), Vitamin B2: 0.04mg (2.37%), Zinc: 0.3mg (2.01%), Vitamin E: 0.29mg (1.92%), Calcium: 15.3mg (1.53%)