



## South-of-the-Border Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



117 kcal

SIDE DISH

### Ingredients

- 1 teaspoon chili powder
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon garlic powder
- 0.3 cup green onions sliced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 4 servings nonfat cream sour
- 2 teaspoons olive oil

- 4 cups thin-skinned potatoes peeled chopped
- 1 cup roma tomatoes diced
- 4 servings tomato salsa
- 4 servings salt

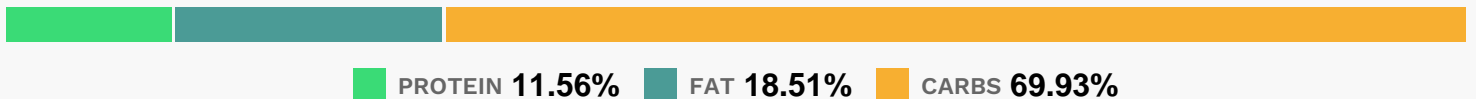
## Equipment

- frying pan
- aluminum foil
- spatula
- colander

## Directions

- Place the potatoes and 1 1/2 cups water in a 12-inch nonstick frying pan. Cover tightly with a lid or foil and bring to a boil over high heat. Simmer over medium heat until the potatoes are tender when pierced, 5 to 7 minutes.
- Drain the potatoes in a colander and wipe pan clean.
- To pan, add oil, chili powder, coriander, cumin, and garlic powder; stir over medium-high heat for 30 seconds.
- Add potatoes, stir to coat, then mix in tomatoes, 1/4 cup cilantro, and green onions. Over high heat, occasionally turn mixture with a wide spatula until browned, 5 to 6 minutes. Season to taste with salt and sprinkle with a little more cilantro. Offer salsa and sour cream to add to taste.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:0.73, Inflammation Score:-7, Nutrition Score:9.490434874659%

## Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg,

Myricetin: 0.08mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 117.35kcal (5.87%), Fat: 2.58g (3.97%), Saturated Fat: 0.35g (2.22%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 18.66g (6.78%), Sugar: 4.06g (4.51%), Cholesterol: 2.16mg (0.72%), Sodium: 465.17mg (20.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin K: 25.99µg (24.75%), Vitamin C: 16.76mg (20.32%), Vitamin A: 997.14IU (19.94%), Potassium: 651.44mg (18.61%), Manganese: 0.27mg (13.31%), Vitamin B6: 0.27mg (13.31%), Fiber: 3.25g (13.02%), Phosphorus: 104.92mg (10.49%), Copper: 0.19mg (9.29%), Magnesium: 36.52mg (9.13%), Vitamin B3: 1.73mg (8.65%), Vitamin E: 1.28mg (8.51%), Iron: 1.51mg (8.37%), Folate: 31.45µg (7.86%), Vitamin B1: 0.12mg (7.76%), Calcium: 68.13mg (6.81%), Vitamin B2: 0.1mg (5.66%), Zinc: 0.65mg (4.36%), Vitamin B5: 0.35mg (3.47%), Selenium: 2.42µg (3.46%), Vitamin B12: 0.07µg (1.2%)