



Southwest Chicken Potato Salad



Vegetarian



Gluten Free

READY IN



155 min.

SERVINGS



12

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baby potatoes cut into 3/4-inch cubes (10 to 12 medium)
- ☐ 0.5 cup water
- ☐ 0.5 cup salad dressing
- ☐ 0.5 cup cream sour
- ☐ 0.5 cup salsa
- ☐ 0.3 cup to 2 chilies slit green canned drained chopped
- ☐ 0.3 cup olives ripe drained sliced
- ☐ 2 cups tomatoes seeded chopped

☐ 11 ounces corn whole with red and green peppers, drained canned

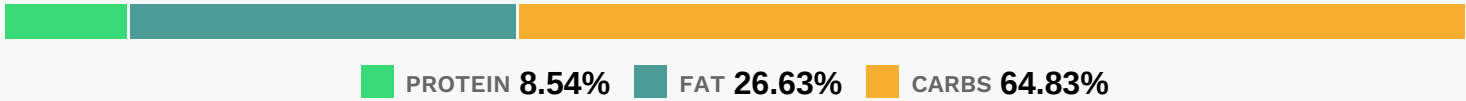
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Place half of the potatoes and 1/4 cup of the water in 2-quart microwavable casserole. Cover and microwave on High 10 to 12 minutes or until potatoes are tender; drain. Repeat with remaining potatoes and water.
- ☐ Mix mayonnaise, sour cream and salsa in large bowl. Gently stir in potatoes and remaining ingredients.
- ☐ Cover and refrigerate at least 2 hours until chilled.

Nutrition Facts



Properties

Glycemic Index:10.15, Glycemic Load:14.76, Inflammation Score:-5, Nutrition Score:8.1156520882378%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 161.56kcal (8.08%), Fat: 4.9g (7.54%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 23.65g (8.6%), Sugar: 3.45g (3.84%), Cholesterol: 5.65mg (1.88%), Sodium: 276.45mg (12.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Vitamin C: 26.89mg (32.59%), Vitamin B6: 0.38mg (19.23%), Potassium: 615.74mg (17.59%), Fiber: 3.18g (12.73%), Manganese: 0.23mg (11.63%), Vitamin K: 10.24µg (9.75%), Phosphorus: 93.58mg (9.36%), Magnesium: 35.15mg (8.79%), Vitamin B3: 1.7mg (8.48%), Copper: 0.16mg (8.04%), Folate: 30.5µg (7.62%), Vitamin B1: 0.11mg (7.47%), Vitamin A: 335.41IU (6.71%), Iron: 1.1mg (6.11%), Vitamin E: 0.64mg (4.24%), Vitamin B5: 0.41mg (4.12%), Vitamin B2: 0.06mg (3.8%), Zinc: 0.51mg (3.37%), Calcium: 32.35mg (3.24%), Selenium: 1.01µg (1.45%)