



WHATSheATE



Southwest Potato Salad



Vegetarian



Gluten Free

READY IN



195 min.

SERVINGS



12

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds potatoes white red unpeeled
- ☐ 1.5 pounds sweet potatoes and into unpeeled
- ☐ 1.3 cups salad dressing reduced-fat
- ☐ 2 tablespoons milk
- ☐ 1 teaspoon cumin seeds
- ☐ 0.5 teaspoon salt
- ☐ 1 chipotles in adobo finely chopped
- ☐ 1 cup bell pepper red chopped

☐ 0.5 cup spring onion sliced

Equipment

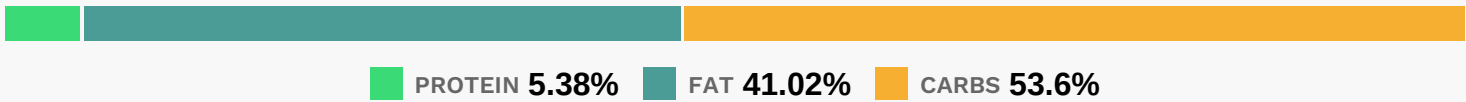
☐ bowl

☐ dutch oven

Directions

- ☐ Place red or white potatoes and sweet potatoes in 4-quart Dutch oven; add enough water just to cover potatoes. Cover and heat to boiling; reduce heat to low. Cook covered 20 to 25 minutes or until sweet potatoes are tender; remove sweet
- ☐ potatoes from Dutch oven. Cook red or white potatoes 10 to 15 minutes longer, if necessary, until tender.
- ☐ Drain potatoes.
- ☐ Let stand about 15 minutes or until cool enough to handle. Peel potatoes; cut into cubes.
- ☐ Mix mayonnaise, milk, cumin seed, salt and chilies in large glass or plastic bowl.
- ☐ Add potatoes, bell pepper and onions; stir gently to coat. Cover and refrigerate at least 2 hours to blend flavors.

Nutrition Facts



Properties

Glycemic Index:20.73, Glycemic Load:13.15, Inflammation Score:-10, Nutrition Score:13.42260864701%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 183.44kcal (9.17%), Fat: 8.47g (13.03%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 21.41g (7.78%), Sugar: 4.69g (5.21%), Cholesterol: 9.05mg (3.02%), Sodium: 292.14mg (12.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.5g (4.99%), Vitamin A: 8527.81IU (170.56%), Vitamin K: 50.12µg

(47.74%), Vitamin C: 29.3mg (35.51%), Vitamin B6: 0.33mg (16.33%), Fiber: 3.48g (13.94%), Potassium: 487.23mg (13.92%), Manganese: 0.26mg (12.98%), Phosphorus: 81.59mg (8.16%), Copper: 0.15mg (7.7%), Magnesium: 30.45mg (7.61%), Vitamin B1: 0.1mg (6.74%), Vitamin B5: 0.67mg (6.73%), Iron: 1.09mg (6.08%), Folate: 23.7µg (5.93%), Vitamin B3: 1.07mg (5.34%), Vitamin B2: 0.07mg (4.15%), Calcium: 33.87mg (3.39%), Zinc: 0.4mg (2.67%), Vitamin E: 0.38mg (2.53%)