



Southwestern Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 3 tablespoons canola oil
- ☐ 0.5 cup celery chopped
- ☐ 7 ounce chipotles in adobo canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 cups ears corn fresh (3 ears)
- ☐ 1 jalapeno seeded finely chopped

- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup onion red finely chopped
- ☐ 2 pounds potatoes – remove skin red
- ☐ 0.8 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Remove 1 chipotle chile from can. Chop chile to measure 2 teaspoons. Reserve remaining chiles and adobo sauce for another use.
- ☐ Place potatoes in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 10 minutes or until tender.
- ☐ Drain; cool.
- ☐ Cut potatoes into 1/4-inch cubes.
- ☐ Place potatoes in a large bowl.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add corn; saut 5 minutes or until lightly browned.
- ☐ Add corn, celery, and next 5 ingredients (celery through jalapeo) to potatoes; toss gently.
- ☐ Combine 2 teaspoons chopped chipotle chile, lime juice, oil, salt, and black pepper, stirring with a whisk.
- ☐ Drizzle the lime juice mixture over potato mixture, and toss gently. Cover and chill 1 to 24 hours.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:12.553478240967%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 224.05kcal (11.2%), Fat: 5.99g (9.22%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 38.54g (12.85%), Net Carbohydrates: 29.35g (10.67%), Sugar: 5.92g (6.58%), Cholesterol: 0mg (0%), Sodium: 453.14mg (19.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.1%), Vitamin C: 30.37mg (36.81%), Fiber: 9.2g (36.78%), Potassium: 820.42mg (23.44%), Manganese: 0.37mg (18.58%), Folate: 74.26µg (18.57%), Phosphorus: 159.47mg (15.95%), Vitamin B6: 0.3mg (15.11%), Iron: 2.68mg (14.87%), Vitamin B1: 0.22mg (14.82%), Magnesium: 57.53mg (14.38%), Copper: 0.28mg (14.07%), Vitamin B3: 2.28mg (11.38%), Vitamin K: 11.48µg (10.93%), Vitamin A: 438.99IU (8.78%), Vitamin E: 1.21mg (8.05%), Vitamin B2: 0.13mg (7.73%), Vitamin B5: 0.69mg (6.85%), Zinc: 0.85mg (5.65%), Calcium: 37.98mg (3.8%), Selenium: 1.53µg (2.18%)