



Spicy Dill Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



215 min.

SERVINGS



12

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup adobo sauce from chipotle peppers
- ☐ 4 chipotle peppers in adobo sauce chopped
- ☐ 4 eggs
- ☐ 8 sprigs optional: dill fresh chopped
- ☐ 1 clove garlic minced to taste
- ☐ 2 bell peppers green
- ☐ 1 pinch ground cumin to taste
- ☐ 12 servings salt and ground pepper black to taste

- ☐ 2 cups mayonnaise reduced-fat
- ☐ 0.5 cup horseradish mustard
- ☐ 2 bell peppers red
- ☐ 1 onion red
- ☐ 3 pounds russet potatoes cubed peeled

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot

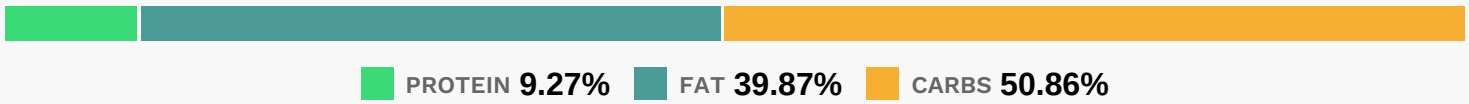
Directions

- ☐ Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, 10 to 15 minutes.
- ☐ Drain and allow to steam dry for a minute or two.
- ☐ Place the potatoes into a large bowl, and chill in the refrigerator until cold, about 1 hour.
- ☐ While the potatoes are boiling, place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes.
- ☐ Pour out the hot water, then cool the eggs under cold running water in the sink. Peel once cold. Chop the eggs, and place into the bowl with the potatoes.
- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Cut the bell peppers in half, and remove the seeds, core, and stems.
- ☐ Place the bell peppers onto a baking sheet, cut sides down.
- ☐ Cut the onion in half, and place it onto the baking sheet, cut sides down.
- ☐ Roast the peppers and onion in the preheated oven until the skin of the vegetables has charred in places, about 25 minutes.

- ☐
- Remove any large pieces of burned skin, and chop the peppers and onions.

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Nutrition Facts



Properties

Glycemic Index:22.31, Glycemic Load:16.68, Inflammation Score:-7, Nutrition Score:12.747391420862%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 225.86kcal (11.29%), Fat: 10.23g (15.75%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 25.52g (9.28%), Sugar: 4.6g (5.11%), Cholesterol: 60.53mg (20.18%), Sodium: 451.38mg (19.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.71%), Vitamin C: 48.71mg (59.04%), Vitamin B6: 0.54mg (27.04%), Vitamin K: 24.93µg (23.75%), Potassium: 613.65mg (17.53%), Vitamin A: 819.84IU (16.4%), Fiber: 3.86g (15.43%), Manganese: 0.31mg (15.26%), Selenium: 9.56µg (13.66%), Phosphorus: 120.67mg (12.07%), Iron: 1.89mg (10.49%), Vitamin B1: 0.15mg (9.89%), Magnesium: 39.19mg (9.8%), Folate: 38.06µg (9.52%), Vitamin E: 1.41mg (9.4%), Copper: 0.16mg (8.23%), Vitamin B2: 0.14mg (8.06%), Vitamin B3: 1.55mg (7.76%), Vitamin B5: 0.72mg (7.16%), Zinc: 0.71mg (4.71%), Calcium: 38.46mg (3.85%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)