



Spicy Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



167 kcal

SIDE DISH

Ingredients



1 small carrots shredded



1.5 teaspoons chili powder



4 green onions sliced



0.1 teaspoon hot sauce



2.5 ounce olives ripe sliced canned



2 pounds round potatoes red



1 teaspoon lawry's seasoned salt



1 tablespoon sugar

- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup vinegar white
- ☐ 8.8 ounce kernel corn whole drained canned

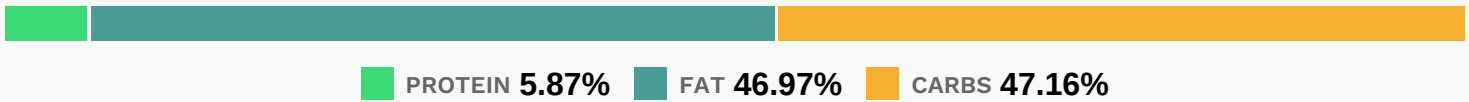
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook red potatoes in boiling water to cover 20 to 30 minutes or until tender.
- ☐ Drain and cool to touch.
- ☐ Cut potatoes into cubes; place in a large bowl.
- ☐ Whisk together oil and next 5 ingredients; pour over potato, tossing gently. Cover and chill 1 hour.
- ☐ Stir in corn and next 3 ingredients.

Nutrition Facts



Properties

Glycemic Index:19.89, Glycemic Load:1.07, Inflammation Score:-7, Nutrition Score:6.9439130114472%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 166.58kcal (8.33%), Fat: 8.9g (13.69%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 20.11g (6.7%), Net Carbohydrates: 17.96g (6.53%), Sugar: 2.78g (3.09%), Cholesterol: 0mg (0%), Sodium: 410.47mg (17.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Vitamin K: 27.01µg (25.72%), Vitamin A: 1006.39IU (20.13%), Potassium: 479.89mg (13.71%), Vitamin C: 9.46mg (11.47%), Vitamin B6: 0.17mg (8.63%), Fiber: 2.15g (8.58%), Manganese: 0.17mg (8.3%), Copper: 0.15mg (7.38%), Phosphorus: 70.48mg (7.05%), Vitamin E: 1.05mg (6.98%), Folate: 27.84µg (6.96%), Vitamin B3: 1.36mg (6.81%), Magnesium: 25.55mg (6.39%), Vitamin B1: 0.09mg (5.69%), Iron: 0.9mg (4.98%), Zinc: 0.42mg (2.78%), Vitamin B5: 0.27mg (2.75%), Vitamin B2: 0.04mg (2.48%), Calcium:

19.89mg (1.99%)