



Tex-Mex Potato Salad

 Vegetarian  Gluten Free

READY IN



200 min.

SERVINGS



20

CALORIES



35 kcal

SIDE DISH

Ingredients

- 0.1 tsp pepper black
- 4 oz chiles green undrained chopped canned
- 0.5 cup celery chopped
- 1 tsp chili powder
- 0.7 cup miracle whip dressing light
- 1 tsp onion powder
- 0.5 cup bell pepper red chopped
- 5 cups potatoes red peeled unpeeled quartered (or)

- 0.3 tsp salt
- 11 oz kernel corn whole drained canned

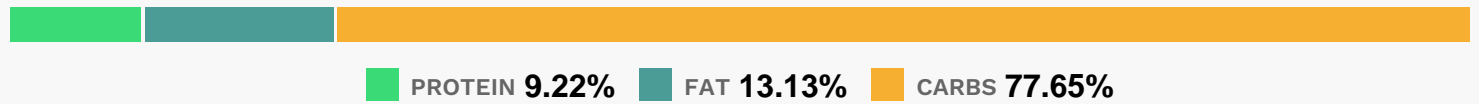
Equipment

- bowl

Directions

- Cook potatoes in boiling water 15 minutes or just until potatoes are tender; drain.
- Mix dressing and seasonings in large bowl.
- Add remaining ingredients; mix lightly. Cover.
- Refrigerate several hours or overnight.

Nutrition Facts



Properties

Glycemic Index:4.8, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.0169565282438%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 35.14kcal (1.76%), Fat: 0.53g (0.82%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 6.3g (2.29%), Sugar: 1.33g (1.47%), Cholesterol: 0.76mg (0.25%), Sodium: 151.82mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin C: 8.69mg (10.54%), Potassium: 132.38mg (3.78%), Vitamin A: 182.38IU (3.65%), Folate: 13.7µg (3.42%), Fiber: 0.76g (3.05%), Vitamin B6: 0.06mg (2.76%), Manganese: 0.05mg (2.37%), Vitamin B3: 0.43mg (2.17%), Phosphorus: 21.26mg (2.13%), Magnesium: 7.15mg (1.79%), Iron: 0.31mg (1.71%), Copper: 0.03mg (1.69%), Vitamin K: 1.63µg (1.56%), Vitamin B1: 0.02mg (1.44%)