

# Chipotle Sweet Potato Salad

Community Table  
Parade Magazine

**Servings: 6**

*sweet potatoes, peeled and cut into one-inch chunks*  
*1/2 cup mayonnaise*  
*1 tablespoon fresh lime juice*  
*1/2 teaspoon chipotle chile powder*  
*salt (to taste)*  
*black pepper (to taste)*  
*1/2 cup red onion, finely chopped*  
*1/4 cup cilantro, finely chopped*

In a pot of water, steam the potatoes.

In a large bowl, whisk together the mayonnaise, lime juice, chipotle powder, salt and pepper.

Add the sweet potatoes, red onion and cilantro. Toss gently to combine.

*Arrange 1-1/2 pounds of potatoes, peeled and cut as desired, in the steamer basket. Cover. Steam for 7 to 10 minutes or just until the potatoes are tender when pierced with the tip of a sharp knife. Remove the potatoes from the basket and rinse with cold water to stop the cooking. Pat dry with paper towels.*

Per Serving (excluding unknown items): 141 Calories; 16g Fat (93.1% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 107mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	141	Vitamin B6 (mg):	.1mg
% Calories from Fat:	93.1%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	5.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	16g	Folacin (mcg):	4mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
Cholesterol (mg):	6mg	% Refused:	0.00%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	107mg	Vegetable:	0
Potassium (mg):	84mg	Fruit:	0

**Calcium (mg):** 21mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 8mg  
**Vitamin A (i.u.):** 284IU  
**Vitamin A (r.e.):** 33 1/2RE

**Non-Fat Milk:** 0  
**Fat:** 1 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 141 Calories from Fat: 131

### % Daily Values\*

<b>Total Fat</b>	16g	24%
Saturated Fat	2g	11%
<b>Cholesterol</b>	6mg	2%
<b>Sodium</b>	107mg	4%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	1g	

<b>Vitamin A</b>	6%
<b>Vitamin C</b>	14%
<b>Calcium</b>	2%
<b>Iron</b>	3%

\* Percent Daily Values are based on a 2000 calorie diet.