

Jalapeno-Olive Idaho Potato Salad

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1 1/2 pounds potatoes, scrubbed and cut into 1/2-inch cubes
12 large jalapeno stuffed Spanish olives, sliced
1/2 cup red bell pepper, diced
1/2 cup red onion, diced
1/2 cup celery, diced
1/3 cup light mayonnaise
2 tablespoons extra virgin olive oil
2 medium cloves garlic, minced
1/2 cup cilantro, chopped
2 tablespoons cider vinegar
salt (to taste)
pepper (to taste)
1/8 teaspoon dried pepper flakes

In a large saucepan over high heat, bring six cups of water to a boil. Add the potatoes and return to a boil. Reduce the heat. Cover and simmer for 4 minutes or until fork tender.

In a large bowl, combine the remaining ingredients. Stir until well blended.

Drain the potatoes in a colander. Run under cold water until completely cooled. Shake off excess water. Add the potatoes to the olive mixture. Toss gently, yet thoroughly, until well coated.

Cover with plastic wrap. Refrigerate for three hours before serving to absorb the flavors.

Per Serving (excluding unknown items): 1073 Calories; 44g Fat (35.4% calories from fat); 20g Protein; 160g Carbohydrate; 16g Dietary Fiber; 29mg Cholesterol; 522mg Sodium. Exchanges: 8 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 8 1/2 Fat; 1 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1073	Vitamin B6 (mg):	2.1mg
% Calories from Fat:	35.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	57.5%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	7.1%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	44g	Folacin (mcg):	136mcg
Saturated Fat (g):	6g	Niacin (mg):	12mg
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	11g	Alcohol (kcal):	0
Cholesterol (mg):	29mg	% Refuse:	0 0%

Carbohydrate (g):	160g
Dietary Fiber (g):	16g
Protein (g):	20g
Sodium (mg):	522mg
Potassium (mg):	4835mg
Calcium (mg):	287mg
Iron (mg):	12mg
Zinc (mg):	3mg
Vitamin C (mg):	369mg
Vitamin A (i.u.):	7109IU
Vitamin A (r.e.):	710 1/2RE

Food Exchanges

Grain (Starch):	8 1/2
Lean Meat:	0
Vegetable:	2 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	8 1/2
Other Carbohydrates:	1

Nutrition Facts

Amount Per Serving

Calories	1073	Calories from Fat: 380
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% Daily Values*

Total Fat	44g	67%
Saturated Fat	6g	32%
Cholesterol	29mg	10%
Sodium	522mg	22%
Total Carbohydrates	160g	53%
Dietary Fiber	16g	66%
Protein	20g	
Vitamin A		142%
Vitamin C		614%
Calcium		29%
Iron		69%

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