

Mexican Potato Salad

www.recipes.IdahoPotato.com

6 Russet potatoes, peeled and cut into one-inch cubes

1/2 cup mayonnaise

1/4 cup sour cream

1 teaspoon mustard

3 green onions, chopped

1/2 carrot, grated

5 black olives, chopped in small pieces

2 pickled jalapenos, chopped in small pieces

salt (to taste)

pepper (to taste)

Fill a five-quart pot halfway with water over a medium high flame. Bring to a boil.

Add the potatoes. Boil for 15 to 20 minutes or until fork tender.

Drain the water from the pot. Set the potatoes to the side to cool for 30 minutes.

Divide the cooked potatoes in half.

Mash half of the potatoes with a potato ricer. Add the mayonnaise, sour cream and mustard to the mashed potatoes. Mix well to combine.

Add in the green onion, carrots, black olives, pickled jalapenos and the remaining cooked potatoes. Mix well to combine.

Salt and pepper to taste.

Refrigerate for two hours to chill.

Per Serving (excluding unknown items): 1329 Calories; 109g Fat (69.8% calories from fat); 14g Protein; 92g Carbohydrate; 10g Dietary Fiber; 64mg Cholesterol; 1037mg Sodium. Exchanges: 5 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 11 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1329	Vitamin B6 (mg):	1.8mg
% Calories from Fat:	69.8%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	26.2%	Thiamin B1 (mg):	.4mg

% Calories from Protein: 4.0%
 Total Fat (g): 109g
 Saturated Fat (g): 21g
 Monounsaturated Fat (g): 30g
 Polyunsaturated Fat (g): 46g
 Cholesterol (mg): 64mg
 Carbohydrate (g): 92g
 Dietary Fiber (g): 10g
 Protein (g): 14g
 Sodium (mg): 1037mg
 Potassium (mg): 2812mg
 Calcium (mg): 184mg
 Iron (mg): 6mg
 Zinc (mg): 2mg
 Vitamin C (mg): 101mg
 Vitamin A (i.u.): 11151IU
 Vitamin A (r.e.): 1236 1/2RE

Riboflavin B2 (mg): .3mg
 Folic Acid (mcg): 106mcg
 Niacin (mg): 7mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 5 1/2
 Lean Meat: 0
 Vegetable: 1 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 11
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1329 Calories from Fat: 928

% Daily Values*

Total Fat	109g	167%
Saturated Fat	21g	104%
Cholesterol	64mg	21%
Sodium	1037mg	43%
Total Carbohydrates	92g	31%
Dietary Fiber	10g	41%
Protein	14g	
Vitamin A		223%
Vitamin C		168%
Calcium		18%
Iron		31%

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