



Balsamic Vinegar Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



275 min.

SERVINGS



8

CALORIES



249 kcal

SIDE DISH

Ingredients

- 10 ounce artichoke hearts drained quartered canned
- 0.5 cup balsamic vinegar
- 4 ounce olives black drained sliced canned
- 1 teaspoon basil dried
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon ground mustard
- 3 teaspoons olive oil
- 1 small onion chopped

- 1 teaspoon oregano dried
- 10 medium potatoes diced red
- 0.5 cup roasted peppers diced red

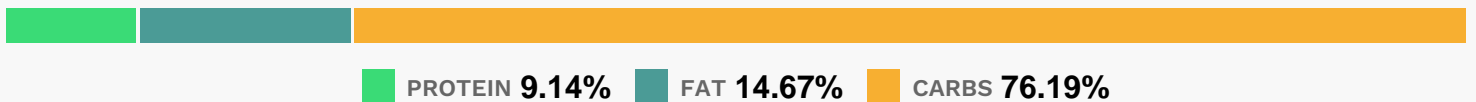
Equipment

- bowl
- sauce pan
- whisk

Directions

- Place potatoes in a saucepan with enough water to cover. Bring to a boil, then cook for 5 to 10 minutes, until tender.
- Drain, and transfer to a large bowl.
- Add the onion, red peppers, olives, and artichokes to the bowl with the potatoes. In a separate bowl, whisk together the balsamic vinegar, olive oil, oregano, basil, mustard powder and parsley.
- Pour over the vegetables, and stir to coat. Chill for at least 4 hours or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:1.55, Inflammation Score:-7, Nutrition Score:13.898260634878%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 249.42kcal (12.47%), Fat: 4.15g (6.38%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 48.45g (16.15%), Net Carbohydrates: 42.45g (15.44%), Sugar: 6.57g (7.3%), Cholesterol: 0mg (0%), Sodium: 524.46mg (22.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Potassium: 1273.71mg (36.39%), Vitamin C: 28.96mg (35.1%), Vitamin K: 28.96µg (27.58%), Vitamin B6: 0.49mg (24.44%), Fiber: 6g (23.98%), Manganese: 0.45mg (22.55%), Copper: 0.4mg (19.96%), Phosphorus: 172.62mg (17.26%), Magnesium: 66.41mg (16.6%), Vitamin B3: 3.19mg (15.94%), Vitamin B1: 0.23mg (15.15%), Iron: 2.5mg (13.9%), Folate: 54.12µg (13.53%), Vitamin B5: 0.77mg (7.69%), Zinc: 0.96mg (6.41%), Vitamin E: 0.86mg (5.72%), Vitamin B2: 0.09mg (5.45%), Calcium: 52.42mg (5.24%), Vitamin A: 209.48IU (4.19%), Selenium: 1.8µg (2.58%)