



Bavarian Potato-Cucumber Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

Ingredients



0.8 teaspoon pepper black freshly ground



2 cups cucumber seedless peeled thinly sliced



0.5 teaspoon dijon mustard



2 tablespoons cooking wine dry white



2 tablespoons chives fresh minced



2 tablespoons flat-leaf parsley fresh minced



0.3 cup green onions minced



1 Dash ground nutmeg

- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons less-sodium beef broth
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 pound potatoes red quartered
- ☐ 3 tablespoons citrus champagne vinegar
- ☐ 1 pound yukon gold potatoes quartered

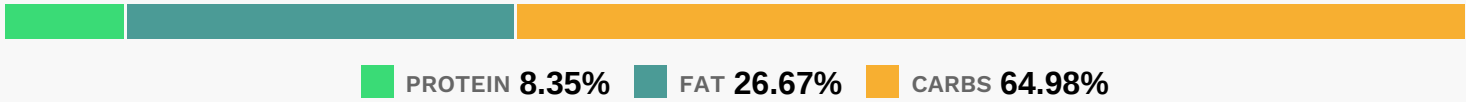
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine cucumber and salt in a large bowl.
- ☐ Let stand 30 minutes.
- ☐ Cook potatoes in boiling water 20 minutes or until just tender; drain.
- ☐ Combine potatoes, broth, and wine in a bowl.
- ☐ Let stand 5 minutes.
- ☐ Add potato mixture to cucumber mixture.
- ☐ Combine Champagne vinegar and the next 4 ingredients (through nutmeg) in a small bowl; stir with a whisk until blended.
- ☐ Add vinegar mixture, onions, parsley, and chives to the potato mixture; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:56.96, Glycemic Load:9.84, Inflammation Score:-5, Nutrition Score:10.320434622143%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 167.44kcal (8.37%), Fat: 4.99g (7.67%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 27.33g (9.11%), Net Carbohydrates: 23.92g (8.7%), Sugar: 2.37g (2.64%), Cholesterol: 0mg (0%), Sodium: 427.02mg (18.57%), Alcohol: 0.51g (100%), Alcohol %: 0.3% (100%), Protein: 3.51g (7.03%), Vitamin K: 45.18µg (43.03%), Vitamin C: 25.55mg (30.97%), Potassium: 760.97mg (21.74%), Vitamin B6: 0.37mg (18.72%), Manganese: 0.31mg (15.55%), Fiber: 3.41g (13.66%), Magnesium: 42.19mg (10.55%), Copper: 0.21mg (10.54%), Phosphorus: 103.12mg (10.31%), Vitamin B1: 0.14mg (9.15%), Vitamin B3: 1.76mg (8.79%), Folate: 34.12µg (8.53%), Iron: 1.51mg (8.4%), Vitamin B5: 0.54mg (5.43%), Vitamin E: 0.74mg (4.91%), Vitamin A: 242.43IU (4.85%), Zinc: 0.59mg (3.95%), Vitamin B2: 0.07mg (3.91%), Calcium: 30.8mg (3.08%), Selenium: 0.91µg (1.3%)