



Bistro Potato Salad



Gluten Free



Dairy Free

READY IN



210 min.

SERVINGS



12

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 4 pounds potatoes – remove skin red cut into wedges
- ☐ 2 tablespoons beef bouillon granules
- ☐ 6 cloves garlic finely chopped
- ☐ 6 cups water
- ☐ 0.8 cup walnut pieces toasted coarsely chopped
- ☐ 0.5 cup spring onion sliced
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons red wine vinegar

- ☐ 4 teaspoons dijon mustard
- ☐ 0.5 teaspoon cajun spice

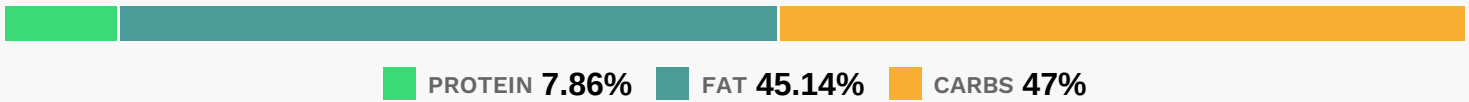
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, place potatoes, bouillon granules and garlic.
- ☐ Add water. Cover and heat to boiling; reduce heat to low. Simmer covered about 15 minutes or until potatoes are tender.
- ☐ Cool potatoes in cooking liquid in refrigerator at least 3 hours or until chilled.
- ☐ Drain potatoes.
- ☐ Add walnuts and onions to potatoes.
- ☐ In tightly covered container, shake all dressing ingredients until well mixed.
- ☐ Pour dressing over potato mixture and gently toss.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:9.6978260855312%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 213.9kcal (10.7%), Fat: 11.15g (17.16%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 22.82g (8.3%), Sugar: 2.41g (2.67%), Cholesterol: 0.03mg (0.01%), Sodium: 252.79mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Manganese: 0.51mg (25.36%), Vitamin K: 24.46µg (23.3%), Potassium: 746.44mg (21.33%), Vitamin C: 14.37mg (17.42%), Copper: 0.35mg (17.39%), Vitamin B6: 0.32mg (16.1%), Fiber: 3.3g (13.2%), Phosphorus: 125.5mg (12.55%), Magnesium: 48.67mg (12.17%), Vitamin B1: 0.16mg (10.52%), Vitamin B3: 1.9mg (9.48%), Folate: 37.52µg (9.38%), Iron: 1.48mg (8.22%), Zinc: 0.79mg (5.25%),

Vitamin B5: 0.49mg (4.85%), Vitamin E: 0.62mg (4.11%), Vitamin B2: 0.07mg (3.94%), Calcium: 33.44mg (3.34%),
Selenium: 2.15µg (3.08%), Vitamin A: 95.96IU (1.92%)