



Caesar Potato Salad with Sugar Snap Peas

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds fingerling potatoes assorted unpeeled (such as white-skinned, red-skinned, and purple)
- ☐ 1 tablespoon dijon mustard
- ☐ 1 garlic clove pressed
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 1 bunch radishes trimmed sliced
- ☐ 0.5 small onion red thinly sliced

☐ 8 ounces sugar snap peas trimmed

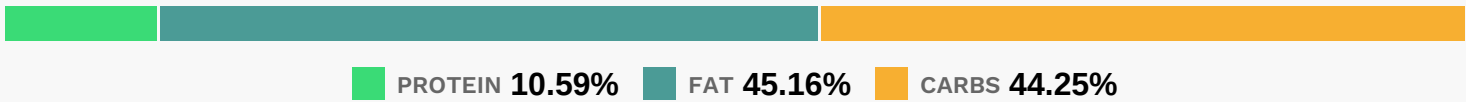
Equipment

☐ whisk

Directions

- ☐ Steam potatoes on steamer rack set in large pot over boiling water until almost tender, about 10 minutes.
- ☐ Add sugar snap peas and steam until peas are crisp-tender and potatoes are just tender, 1 minute longer.
- ☐ Transfer vegetables to large bowl. Cool slightly.
- ☐ Add radishes and onion.
- ☐ Whisk next 4 ingredients in small bowl to blend.
- ☐ Whisk in Parmesan. Season dressing with salt and generous amount of pepper.
- ☐ Add dressing to potato mixture; toss to coat. Season with more salt and pepper, if desired.
- ☐ Serve warm or at room temperature.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:25.59, Glycemic Load:11.1, Inflammation Score:-5, Nutrition Score:9.0556522070066%

Flavonoids

Pelargonidin: 3.95mg, Pelargonidin: 3.95mg, Pelargonidin: 3.95mg, Pelargonidin: 3.95mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 170.07kcal (8.5%), Fat: 8.73g (13.42%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 19.24g (6.41%), Net Carbohydrates: 16.31g (5.93%), Sugar: 2.38g (2.65%), Cholesterol: 5.44mg (1.81%), Sodium: 139.2mg (6.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.21%), Vitamin C: 37.5mg (45.45%), Vitamin B6: 0.32mg (16.13%), Potassium: 461.03mg (13.17%), Vitamin K: 13.02µg (12.4%), Fiber: 2.93g (11.72%), Manganese: 0.23mg (11.63%), Phosphorus: 109.42mg (10.94%), Calcium: 83.05mg (8.31%), Vitamin B1: 0.12mg (8.12%), Magnesium: 31.2mg (7.8%), Iron: 1.4mg (7.75%), Vitamin E: 1.14mg (7.6%), Folate: 30.03µg (7.51%), Vitamin A: 366.2IU (7.32%), Copper: 0.13mg (6.3%), Vitamin B3: 1.11mg (5.57%), Vitamin B5: 0.52mg (5.19%), Selenium: 3.41µg (4.87%), Vitamin B2: 0.08mg (4.6%), Zinc: 0.64mg (4.28%), Vitamin B12: 0.08µg (1.41%)