



WHATSheATE



Classic potato salad



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 800 g baby potatoes
- ☐ 3 shallots finely chopped
- ☐ 1 tbsp capers
- ☐ 2 tbsp cornichons finely chopped
- ☐ 3 tbsp mayonnaise to taste
- ☐ 3 tbsp olive oil extra-virgin
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 1 small handful parsley leaves roughly chopped

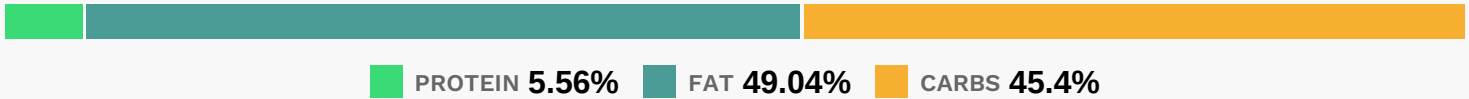
Equipment

☐ bowl

Directions

- ☐ Boil the potatoes in salted water for 20 mins until just cooked, drain, then cool.
- ☐ Cut the potatoes into chunks, then throw into a bowl with the shallots, capers and cornichons, if using.
- ☐ Add enough mayonnaise to bind, then mix together the olive oil and vinegar and add just enough to give a little sharpness to the salad. Stir in the finely chopped parsley and serve.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:17.59, Inflammation Score:-4, Nutrition Score:9.0773913646522%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 222.05kcal (11.1%), Fat: 12.32g (18.96%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 25.66g (8.55%), Net Carbohydrates: 22.2g (8.07%), Sugar: 2.13g (2.36%), Cholesterol: 2.9mg (0.97%), Sodium: 153.23mg (6.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.29%), Vitamin C: 28.28mg (34.27%), Vitamin K: 31.7µg (30.19%), Vitamin B6: 0.44mg (21.92%), Potassium: 610.9mg (17.45%), Fiber: 3.46g (13.84%), Manganese: 0.24mg (12.24%), Phosphorus: 86.37mg (8.64%), Magnesium: 34.46mg (8.62%), Vitamin E: 1.27mg (8.5%), Copper: 0.17mg (8.36%), Vitamin B1: 0.12mg (7.71%), Iron: 1.34mg (7.44%), Vitamin B3: 1.45mg (7.24%), Folate: 27.32µg (6.83%), Vitamin B5: 0.45mg (4.48%), Zinc: 0.46mg (3.07%), Vitamin B2: 0.05mg (2.92%), Calcium: 22.89mg (2.29%), Vitamin A: 75.2IU (1.5%), Selenium: 0.73µg (1.04%)