



Colorful Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

SIDE DISH

Ingredients

- 1 tablespoon dijon mustard
- 2 green onions thinly sliced
- 3 tablespoons olive oil
- 0.3 cup bell pepper diced red
- 1 pound potatoes red
- 0.5 teaspoon salt
- 1.5 tablespoons citrus champagne vinegar

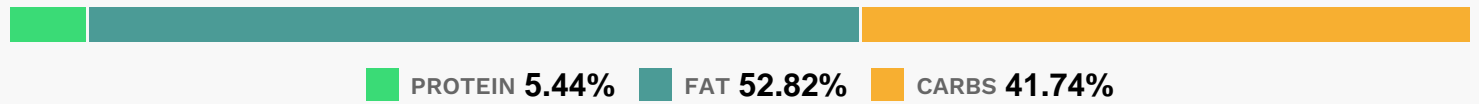
Equipment

- bowl
- sauce pan
- whisk

Directions

- Cook potatoes in a large saucepan in boiling water to cover 25 to 30 minutes or until tender; drain and cool.
- Cut into thin slices.
- Whisk together vinegar, mustard, and salt in a large bowl.
- Whisk in olive oil until blended.
- Add potato, bell pepper, and green onions, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:7.8260869513387%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 179.9kcal (8.99%), Fat: 10.82g (16.65%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 16.81g (6.11%), Sugar: 2.05g (2.27%), Cholesterol: 0mg (0%), Sodium: 354.34mg (15.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.01%), Vitamin C: 22.84mg (27.69%), Vitamin K: 22.54µg (21.47%), Potassium: 560.15mg (16%), Vitamin E: 1.72mg (11.44%), Vitamin B6: 0.23mg (11.31%), Manganese: 0.2mg (9.94%), Fiber: 2.44g (9.76%), Copper: 0.16mg (8.1%), Phosphorus: 78.31mg (7.83%), Magnesium: 29.3mg (7.32%), Vitamin A: 361.99IU (7.24%), Vitamin B3: 1.45mg (7.23%), Folate: 28.8µg (7.2%), Vitamin B1: 0.11mg (7.15%), Iron: 1.1mg (6.13%), Vitamin B5: 0.36mg (3.62%), Zinc: 0.45mg (2.98%), Vitamin B2: 0.05mg (2.96%), Selenium: 1.89µg (2.7%), Calcium: 19.3mg (1.93%)