



## Cracked potato salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

## Ingredients

- ☐ 750 g baby potatoes
- ☐ 4 tbsp wine
- ☐ 2 tbsp olive oil
- ☐ 1 small onion red sliced
- ☐ 3 tbsp parsley roughly chopped

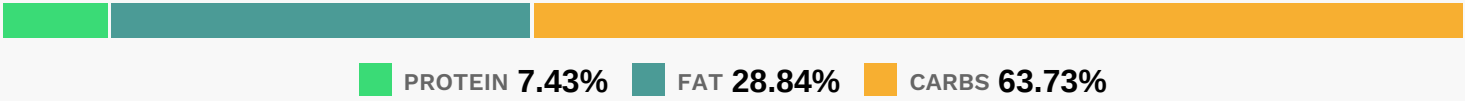
## Equipment

- ☐ frying pan

# Directions

☐ Boil the new potatoes for 15–20 minutes then drain and return to the pan. Lightly bash each potato with a masher or fork so they are cracked but still whole. Return to the heat and pour in the white wine. Boil fiercely for 2–3 minutes until most of the wine has evaporated. Stir in the olive oil, small thinly sliced red onion and roughly chopped parsley. Season and toss together.

## Nutrition Facts



## Properties

Glycemic Index:39.44, Glycemic Load:24.63, Inflammation Score:-6, Nutrition Score:13.099565329759%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 6.15mg, Apigenin: 6.15mg, Apigenin: 6.15mg, Apigenin: 6.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

## Nutrients (% of daily need)

Calories: 230.58kcal (11.53%), Fat: 7.22g (11.11%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 35.9g (11.97%), Net Carbohydrates: 31.21g (11.35%), Sugar: 2.8g (3.11%), Cholesterol: 0mg (0%), Sodium: 14.84mg (0.65%), Alcohol: 1.54g (100%), Alcohol %: 0.82% (100%), Protein: 4.19g (8.37%), Vitamin K: 54.69µg (52.08%), Vitamin C: 42.76mg (51.83%), Vitamin B6: 0.6mg (29.81%), Potassium: 856.03mg (24.46%), Fiber: 4.69g (18.75%), Manganese: 0.34mg (17.22%), Magnesium: 48.8mg (12.2%), Phosphorus: 119.2mg (11.92%), Vitamin B1: 0.17mg (11.06%), Copper: 0.22mg (10.9%), Vitamin B3: 2.06mg (10.31%), Folate: 39.71µg (9.93%), Iron: 1.78mg (9.87%), Vitamin E: 1.05mg (7.02%), Vitamin B5: 0.61mg (6.07%), Vitamin A: 244.38IU (4.89%), Vitamin B2: 0.07mg (4.26%), Zinc: 0.64mg (4.26%), Calcium: 34.18mg (3.42%), Selenium: 0.72µg (1.03%)