



 **29%**  
HEALTH SCORE

## Creamy Potato Salad with Cashew Dressing and Fresh Basil

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**292 kcal**

SIDE DISH

### Ingredients

- 3 tablespoons vanilla almond milk or as needed
- 700 g baby potatoes
- 0.8 cup basil fresh
- 0.8 cup basil fresh
- 1.5 tablespoons chives fresh chopped
- 1 tablespoon mint leaves fresh chopped
- 2 tablespoons parsley fresh trimmed chopped

- 0.5 cup peas fresh
- 6 servings pepper fresh black to taste
- 1 teaspoon dijon honey mustard
- 3 juice of lemon
- 0.3 kalamata olives pitted chopped
- 3 tablespoons nutritional yeast to taste
- 0.3 cup olive oil
- 0.8 cup cashew pieces raw drained for 3 hours and
- 1 teaspoon rice vinegar
- 1.5 teaspoons sea salt to taste
- 1 teaspoon coarse mustard

## Equipment

- food processor
- bowl
- pot
- blender

## Directions

- Bring the potatoes to a boil in a large pot of water. Reduce the heat to medium and cook until they are fork tender about 10 to 12 minutes. Do not overcook.
- Drain well and let cool for 10 minutes or longer before transferring to a large bowl along with the peas, basil leaves and olives if using. To make the dressing, combine all the ingredients in a small blender or food processor and pulse into smooth. If it is too thick, add a bit more olive oil or almond milk. Taste for seasoning and adjust nutritional yeast, salt and pepper to taste. Toss the potatoes with the dressing and serve.

## Nutrition Facts



PROTEIN 10.83%  FAT 49.15%  CARBS 40.02%

## Properties

Glycemic Index:80.71, Glycemic Load:16.56, Inflammation Score:-7, Nutrition Score:16.033913043478%

## Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.26mg, Hesperetin: 2.26mg, Hesperetin: 2.26mg, Hesperetin: 2.26mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.93mg, Apigenin: 2.93mg, Apigenin: 2.93mg, Apigenin: 2.93mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## Taste

Sweetness: 21.74%, Saltiness: 100%, Sourness: 31.55%, Bitterness: 26.13%, Savoriness: 24.04%, Fattiness: 91.51%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 292.25kcal (14.61%), Fat: 16.63g (25.58%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 30.46g (10.15%), Net Carbohydrates: 25.38g (9.23%), Sugar: 3.16g (3.51%), Cholesterol: 0mg (0%), Sodium: 618.23mg (26.88%), Protein: 8.25g (16.49%), Vitamin K: 64.67µg (61.59%), Vitamin C: 37.26mg (45.16%), Manganese: 0.6mg (29.93%), Copper: 0.54mg (26.76%), Vitamin B6: 0.45mg (22.61%), Potassium: 752.45mg (21.5%), Magnesium: 84.91mg (21.23%), Fiber: 5.08g (20.34%), Phosphorus: 182.65mg (18.26%), Iron: 2.81mg (15.6%), Vitamin B1: 0.2mg (13.56%), Vitamin A: 594.33IU (11.89%), Vitamin E: 1.56mg (10.41%), Folate: 41.48µg (10.37%), Zinc: 1.51mg (10.08%), Vitamin B3: 1.76mg (8.82%), Selenium: 4.11µg (5.88%), Vitamin B5: 0.54mg (5.44%), Calcium: 49.62mg (4.96%), Vitamin B2: 0.07mg (4.39%)