



HEALTH SCORE

55%

Danish Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 1 teaspoon dijon mustard coarse-grained
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.5 cup spring onion fresh finely chopped
- ☐ 1 tablespoon liquid sweetener
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 3 tablespoons citrus champagne vinegar
- ☐ 3 pounds yukon gold potatoes (each 3 inches in diameter)

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook potatoes in large pot of boiling salted water until tender, about 15 minutes.
- ☐ Drain potatoes; cool 30 minutes. Peel potatoes, if desired; cut into 1/3-inch-thick slices.
- ☐ Place potatoes in large bowl.
- ☐ Add chives, parsley, and capers.
- ☐ Combine vinegar, caper liquid, and mustard in small bowl.
- ☐ Whisk in oil. Season dressing to taste with salt and pepper.
- ☐ Pour dressing over potatoes; toss gently. Season salad with salt and pepper. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Test-kitchen tip: Choose potatoes that are all about the same size to ensure even cooking.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:23.01, Inflammation Score:-6, Nutrition Score:13.047826191653%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 4.13mg, Kaempferol: 4.13mg, Kaempferol: 4.13mg, Kaempferol: 4.13mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg

Nutrients (% of daily need)

Calories: 168.08kcal (8.4%), Fat: 2.93g (4.51%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 32.72g (10.91%), Net Carbohydrates: 28.6g (10.4%), Sugar: 3.68g (4.08%), Cholesterol: 0mg (0%), Sodium: 76.17mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.49%), Vitamin K: 79.8µg (76%), Vitamin C: 39.8mg (48.24%), Vitamin B6: 0.51mg (25.52%), Potassium: 759.46mg (21.7%), Fiber: 4.12g (16.5%), Manganese: 0.29mg (14.26%), Magnesium: 43.48mg (10.87%), Phosphorus: 102.87mg (10.29%), Copper: 0.2mg (10.2%), Iron: 1.75mg (9.7%), Vitamin B1: 0.14mg (9.62%), Vitamin B3: 1.89mg (9.47%), Folate: 37.47µg (9.37%), Vitamin A: 384.82IU (7.7%), Vitamin B5: 0.53mg (5.27%), Vitamin B2: 0.07mg (3.96%), Zinc: 0.58mg (3.84%), Vitamin E: 0.49mg (3.25%), Calcium: 31.8mg (3.18%), Selenium: 0.81µg (1.16%)