



WHATSheATE



Egg & Potato Salad



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



127 kcal

SIDE DISH

Ingredients

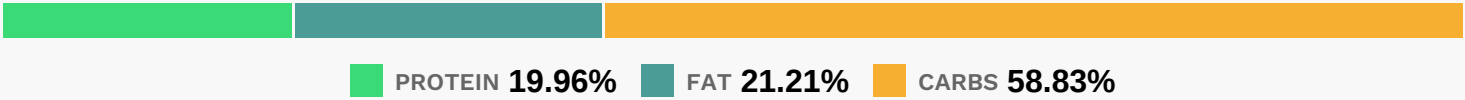
- ☐ 2 carrots
- ☐ 6 cherry tomatoes
- ☐ 0.5 cucumber
- ☐ 4 eggs
- ☐ 1 lettuce / salad bag
- ☐ 8 potatoes / new potatoes
- ☐ 10 radishes

Equipment

Directions

☐ Boil the potatoes (new potatoes are best for this salad) until cooked. Leave to cool.Hard boil the eggs to your preference.Shred the lettuce and slice the cucumber into chunks.Grate the carrots and radish.Half the cooled potatoes and quarter the cool hardboiled eggs.Carefully mix everything together with a splash of extra virgin olive oil.

Nutrition Facts



Properties

Glycemic Index:34.93, Glycemic Load:10.8, Inflammation Score:-10, Nutrition Score:14.56086978705%

Flavonoids

Pelargonidin: 4.21mg, Pelargonidin: 4.21mg, Pelargonidin: 4.21mg, Pelargonidin: 4.21mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 127.48kcal (6.37%), Fat: 3.1g (4.76%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 19.32g (6.44%), Net Carbohydrates: 15.63g (5.68%), Sugar: 4.32g (4.8%), Cholesterol: 109.12mg (36.37%), Sodium: 74.12mg (3.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.11%), Vitamin A: 4109.34IU (82.19%), Vitamin C: 24.09mg (29.2%), Vitamin K: 28.2µg (26.86%), Vitamin B6: 0.37mg (18.34%), Potassium: 633.15mg (18.09%), Folate: 63.03µg (15.76%), Manganese: 0.3mg (15.23%), Fiber: 3.69g (14.76%), Phosphorus: 137.07mg (13.71%), Selenium: 9.49µg (13.56%), Vitamin B2: 0.2mg (12.05%), Iron: 1.72mg (9.55%), Vitamin B1: 0.14mg (9.09%), Vitamin B5: 0.9mg (9.01%), Magnesium: 34.62mg (8.65%), Copper: 0.17mg (8.36%), Vitamin B3: 1.24mg (6.18%), Zinc: 0.86mg (5.76%), Calcium: 55.3mg (5.53%), Vitamin E: 0.71mg (4.76%), Vitamin B12: 0.26µg (4.35%), Vitamin D: 0.59µg (3.91%)