



Farm Stand Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 1 cup broccoli florets
- ☐ 0.5 teaspoon celery seeds
- ☐ 1 tablespoon dijon mustard country-style
- ☐ 1.8 pounds fingerling potatoes
- ☐ 0.3 cup bell pepper diced green
- ☐ 0.3 cup green onions chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil

- ☐ 0.3 cup bell pepper diced red
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar snap peas trimmed
- ☐ 0.3 cup bell pepper diced yellow
- ☐ 1 teaspoon or dried fresh minced

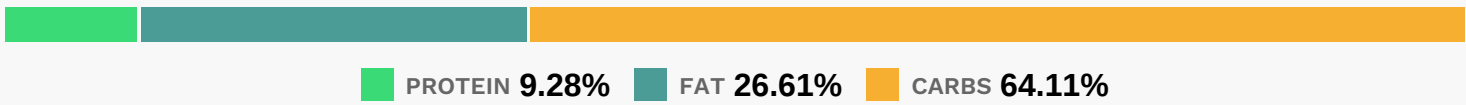
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ To prepare dressing, combine first 6 ingredients, stirring with a whisk.
- ☐ To prepare salad, place potatoes in a saucepan, and cover with water. Bring to a boil. Reduce heat, and simmer 10 minutes or until tender.
- ☐ Remove potatoes from pan with a slotted spoon.
- ☐ Add peas and broccoli florets to pan. Cook 1 minute; drain.
- ☐ Cut potatoes into 1/4-inch-thick slices.
- ☐ Combine potatoes, peas, broccoli, bell peppers, and green onions in a large bowl.
- ☐ Add dressing; toss well.

Nutrition Facts



Properties

Glycemic Index:27.72, Glycemic Load:12.96, Inflammation Score:-6, Nutrition Score:10.506956639497%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 123.97kcal (6.2%), Fat: 3.81g (5.86%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 17.4g (6.33%), Sugar: 2.01g (2.23%), Cholesterol: 0mg (0%), Sodium: 177.48mg (7.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin C: 58.15mg (70.48%), Vitamin K: 27.87µg (26.54%), Vitamin B6: 0.37mg (18.58%), Potassium: 526.08mg (15.03%), Fiber: 3.26g (13.02%), Manganese: 0.26mg (12.75%), Folate: 35.62µg (8.9%), Vitamin A: 415.98IU (8.32%), Iron: 1.48mg (8.23%), Magnesium: 32.42mg (8.11%), Vitamin B1: 0.12mg (8%), Phosphorus: 78.38mg (7.84%), Copper: 0.14mg (6.95%), Vitamin B3: 1.34mg (6.72%), Vitamin E: 0.78mg (5.23%), Vitamin B5: 0.49mg (4.93%), Vitamin B2: 0.07mg (3.93%), Calcium: 32.29mg (3.23%), Zinc: 0.44mg (2.91%), Selenium: 1.37µg (1.96%)