



 14%
HEALTH SCORE

Fingerling Potato Salad with Gremolata Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon capers drained
- 1 tablespoon olive oil extravirgin
- 0.5 pound fingerling potatoes red
- 0.5 pound fingerling potatoes white
- 1 tablespoon parsley fresh chopped
- 1 garlic clove minced crushed

- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest grated
- 0.5 teaspoon salt

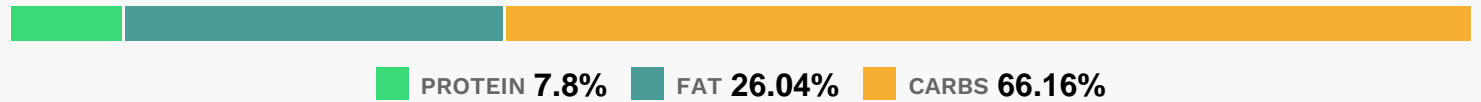
Equipment

- bowl
- whisk

Directions

- Steam potatoes, covered, 12 minutes or until tender. Cover and chill.
- Combine juice, salt, and pepper in a large bowl; slowly add oil, stirring well with a whisk. Stir in rind and garlic; let stand 10 minutes. Stir in parsley and capers.
- Cut potatoes into quarters; add potatoes to juice mixture, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:65.38, Glycemic Load:14.6, Inflammation Score:-4, Nutrition Score:7.2878261156704%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 122.39kcal (6.12%), Fat: 3.65g (5.62%), Saturated Fat: 0.52g (3.28%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 18.18g (6.61%), Sugar: 1.12g (1.24%), Cholesterol: 0mg (0%), Sodium: 353.76mg (15.38%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin C: 27.54mg (33.38%), Vitamin K: 21.37µg (20.35%), Vitamin B6: 0.35mg (17.49%), Potassium: 497.03mg (14.2%), Fiber: 2.71g (10.86%), Manganese: 0.21mg (10.34%), Magnesium: 28.18mg (7.04%), Copper: 0.14mg (6.86%), Phosphorus: 67.42mg (6.74%), Vitamin B1: 0.1mg (6.38%), Vitamin B3: 1.24mg (6.18%), Iron: 1.04mg (5.76%), Folate: 21.73µg (5.43%), Vitamin E: 0.55mg (3.7%), Vitamin B5:

0.36mg (3.58%), Vitamin B2: 0.04mg (2.51%), Zinc: 0.36mg (2.41%), Calcium: 19.03mg (1.9%), Vitamin A: 90.72IU (1.81%)