



WHATSheATE



Fingerling Potatoes with Herb Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds new potatoes scrubbed halved
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 1 teaspoon oregano leaves fresh minced
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper black freshly ground

- ☐ 0.5 onion red thinly sliced
- ☐ 0.3 cup vermouth dry
- ☐ 0.3 cup parsley fresh chopped

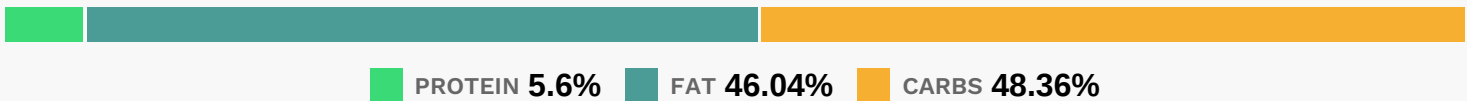
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Place potatoes in a medium pot and cover with cold water by about an inch. Bring to a boil and add a teaspoon of salt to the water. Lower the heat to a simmer and let simmer until the potatoes are fork tender, about 6–8 minutes.
- ☐ Make the vinaigrette: While potatoes are cooking, prepare the herb vinaigrette. In a medium bowl, whisk together the lemon juice, thyme, oregano, mustard, salt, pepper, and olive oil.
- ☐ Place the sliced red onions in the bowl with the vinaigrette. This will quickly "pickle" the red onion slices.
- ☐ Sprinkle strained potatoes with vermouth: Strain potatoes from the water and place them in a large bowl.
- ☐ Sprinkle on the vermouth and toss to coat.
- ☐ Let the potatoes sit for one minute to soak up the vermouth.
- ☐ Toss with onions, parsley and vinaigrette: Gently toss the potatoes with the onions, parsley, and the herb vinaigrette.
- ☐ Let sit for at least 10 minutes before serving.
- ☐ Serve slightly warm, room temperature, or chilled.

Nutrition Facts



Properties

Glycemic Index:42.79, Glycemic Load:19.58, Inflammation Score:-8, Nutrition Score:11.515217426031%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 238.99kcal (11.95%), Fat: 12.23g (18.81%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 25.07g (9.12%), Sugar: 1.87g (2.07%), Cholesterol: 0mg (0%), Sodium: 403.47mg (17.54%), Alcohol: 0.95g (100%), Alcohol %: 0.61% (100%), Protein: 3.35g (6.69%), Vitamin K: 53.35µg (50.81%), Vitamin C: 38.27mg (46.38%), Vitamin B6: 0.47mg (23.46%), Potassium: 682.41mg (19.5%), Fiber: 3.82g (15.29%), Manganese: 0.28mg (14.21%), Vitamin E: 1.84mg (12.28%), Magnesium: 39.34mg (9.83%), Phosphorus: 92.53mg (9.25%), Iron: 1.63mg (9.04%), Copper: 0.18mg (8.89%), Vitamin B1: 0.13mg (8.76%), Vitamin B3: 1.67mg (8.36%), Folate: 32.75µg (8.19%), Vitamin B5: 0.49mg (4.89%), Vitamin A: 236.68IU (4.73%), Vitamin B2: 0.06mg (3.45%), Zinc: 0.51mg (3.37%), Calcium: 31.98mg (3.2%)