



French Country Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 10 servings pepper black freshly ground
- ☐ 0.5 cup champagne vinegar
- ☐ 3 pounds creamer potatoes unpeeled scrubbed well (30)
- ☐ 2 tablespoons dijon mustard
- ☐ 2 teaspoons tarragon leaves fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 4 pieces leek split white thinly sliced (part only)

- ☐ 1.5 cups olive oil extra-virgin
- ☐ 2 roasted peppers red homemade jarred
- ☐ 1 teaspoon sea salt
- ☐ 2 teaspoons sea salt

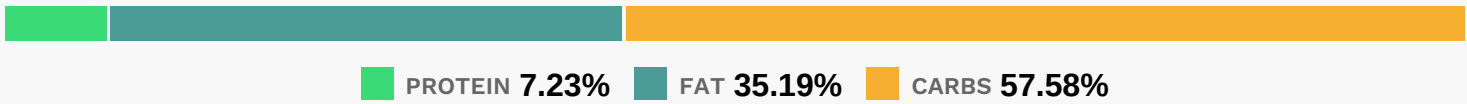
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ In a pot with a steamer insert, steam the potatoes until tender, about 15 minutes. (The potatoes can also be cooked in boiling salted water for the same amount of time.)
- ☐ Remove from the heat and let cool to room temperature.
- ☐ In a pot of boiling water, blanch the leeks for 30 seconds, or until tender. Rinse in cold water and drain. Set aside.
- ☐ Cut the roasted peppers in 1/2 crosswise and then cut them into 1/2-inch slices.
- ☐ Cut each potato into 8 pieces. In a medium bowl, mix the potatoes, leeks, peppers, thyme, and tarragon. In a separate bowl, stir together the Champagne vinaigrette with the mustard.
- ☐ Drizzle the vinaigrette on the potato salad and toss gently until the vinaigrette coats the salad evenly. Season with the salt and pepper and toss again.
- ☐ In a small bowl, whisk the vinegar and salt together until the salt dissolves. Slowly whisk in the oil until the dressing is well blended. Season with pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:17.64, Inflammation Score:-8, Nutrition Score:8.6769564566405%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 170.84kcal (8.54%), Fat: 6.79g (10.44%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 21.49g (7.81%), Sugar: 1.12g (1.25%), Cholesterol: 0mg (0%), Sodium: 841.69mg (36.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Vitamin C: 32.81mg (39.77%), Vitamin B6: 0.43mg (21.63%), Potassium: 617.04mg (17.63%), Manganese: 0.32mg (16.16%), Fiber: 3.49g (13.98%), Magnesium: 38.13mg (9.53%), Iron: 1.67mg (9.25%), Copper: 0.17mg (8.71%), Phosphorus: 86.43mg (8.64%), Vitamin B1: 0.12mg (7.9%), Vitamin B3: 1.56mg (7.79%), Vitamin K: 7.05µg (6.71%), Vitamin E: 0.96mg (6.42%), Folate: 25.18µg (6.3%), Vitamin B5: 0.42mg (4.24%), Vitamin B2: 0.06mg (3.54%), Calcium: 33.82mg (3.38%), Zinc: 0.48mg (3.18%), Vitamin A: 134.41IU (2.69%), Selenium: 1.48µg (2.12%)