



## French Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

## Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup wine dry white
- ☐ 4 spring onion
- ☐ 0.3 cup chicken broth canned
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 3.3 pounds potatoes – remove skin

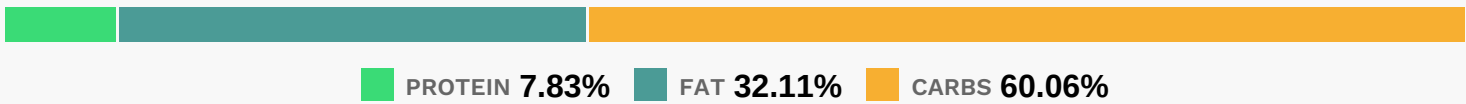
# Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

# Directions

- ☐ Whisk first 7 ingredients in large bowl to blend. Season dressing to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before continuing.)
- ☐ Cook potatoes in large pot of boiling salted water until just tender, about 35 minutes.
- ☐ Drain. Return potatoes to pot.
- ☐ Place pot over low heat until liquid from potatoes evaporates, about 2 minutes.
- ☐ Cut warm potatoes into 1/3-inch-thick slices.
- ☐ Add to dressing. Toss gently to coat.
- ☐ Let stand at least 1 hour at room temperature. Toss again and serve.

# Nutrition Facts



# Properties

Glycemic Index:9.88, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:9.4934782097521%

# Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

# Nutrients (% of daily need)

Calories: 201.37kcal (10.07%), Fat: 7.21g (11.09%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 30.33g (10.11%), Net Carbohydrates: 26.82g (9.75%), Sugar: 2.66g (2.96%), Cholesterol: 0mg (0%), Sodium: 133.78mg (5.82%), Alcohol: 0.77g (100%), Alcohol %: 0.44% (100%), Protein: 3.95g (7.91%), Potassium: 874.62mg (24.99%), Vitamin K: 22.41µg (21.34%), Vitamin C: 17.1mg (20.72%), Vitamin B6: 0.32mg (16.22%), Manganese: 0.3mg (14.86%), Fiber: 3.51g (14.06%), Copper: 0.27mg (13.33%), Phosphorus: 122.74mg (12.27%), Vitamin B3: 2.29mg (11.46%), Magnesium: 45.17mg (11.29%), Vitamin B1: 0.16mg (10.69%), Folate: 37.81µg (9.45%), Iron: 1.62mg (8.99%), Vitamin E: 1.05mg (7.03%), Vitamin B5: 0.53mg (5.34%), Zinc: 0.68mg (4.53%), Vitamin B2: 0.07mg (4.15%), Selenium: 2.26µg (3.23%), Calcium: 27.17mg (2.72%), Vitamin A: 78.14IU (1.56%)