



Garden Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons optional: dill dried
- ☐ 2 garlic cloves pressed
- ☐ 2 small bunches green onion chopped
- ☐ 0.7 cup mayonnaise
- ☐ 4 pounds new potatoes cut into 1/2-inch peices
- ☐ 2 teaspoons salt
- ☐ 2 teaspoons sugar
- ☐ 0.5 cup tarragon vinegar

☐ 0.3 cup vegetable oil

Equipment

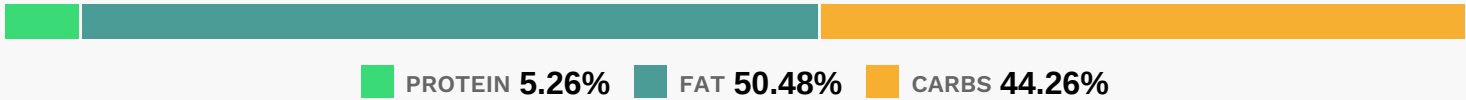
☐ bowl

☐ whisk

Directions

- ☐ Combine oil and garlic in a large bowl; set aside.
- ☐ Cook potatoes in boiling salted water to cover 15 to 20 minutes or until tender; drain potatoes, and place in a large bowl.
- ☐ Whisk vinegar and next 3 ingredients into oil mixture.
- ☐ Pour over warm potatoes, tossing to coat. Cover and chill 8 hours.
- ☐ Combine potato mixture, mayonnaise, and green onions, tossing gently.

Nutrition Facts



Properties

Glycemic Index:27.57, Glycemic Load:19.95, Inflammation Score:-4, Nutrition Score:9.6469565856716%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 247.7kcal (12.39%), Fat: 14g (21.54%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 24.17g (8.79%), Sugar: 2.02g (2.24%), Cholesterol: 5.23mg (1.74%), Sodium: 476.63mg (20.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin K: 39.8µg (37.9%), Vitamin C: 30.7mg (37.22%), Vitamin B6: 0.46mg (22.78%), Potassium: 652.47mg (18.64%), Fiber: 3.44g (13.76%), Manganese: 0.25mg (12.7%), Phosphorus: 91.47mg (9.15%), Magnesium: 35.95mg (8.99%), Copper: 0.17mg (8.57%), Vitamin B1: 0.13mg (8.36%), Vitamin B3: 1.62mg (8.09%), Iron: 1.28mg (7.12%), Folate: 27.41µg (6.85%), Vitamin E: 0.82mg (5.45%), Vitamin B5: 0.47mg (4.75%), Vitamin B2: 0.05mg (3.22%), Zinc: 0.48mg (3.21%), Calcium: 23.83mg (2.38%), Selenium: 0.89µg (1.28%), Vitamin A: 52IU (1.04%)