



## Garden Potato Salad

 Vegetarian  Gluten Free

READY IN



210 min.

SERVINGS



30

CALORIES



38 kcal

SIDE DISH

### Ingredients

- 1 cup cherry tomatoes halved
- 0.3 cup knudsen cream sour
- 1 Tbsp grey poupon dijon mustard
- 0.3 cup basil fresh chopped
- 1 cup corn kernels fresh cooked
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 lb new potatoes halved
- 0.5 cup pepper strips red thin

0.3 cup onion red thin

## Equipment

bowl

sauce pan

## Directions

Cook potatoes in boiling water in saucepan 15 min. or just until tender; drain.

Place warm potatoes in large bowl.

Add dressing; toss to coat.

Add remaining ingredients; mix lightly. Refrigerate several hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:8.16, Glycemic Load:3.93, Inflammation Score:-2, Nutrition Score:2.508260862011%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 38.36kcal (1.92%), Fat: 0.91g (1.4%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 6.12g (2.23%), Sugar: 1.11g (1.23%), Cholesterol: 1.13mg (0.38%), Sodium: 28.79mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin C: 10.76mg (13.04%), Vitamin B6: 0.11mg (5.46%), Potassium: 163.75mg (4.68%), Fiber: 0.9g (3.58%), Manganese: 0.07mg (3.45%), Vitamin A: 135.26IU (2.71%), Vitamin K: 2.82µg (2.68%), Phosphorus: 26.36mg (2.64%), Magnesium: 10.28mg (2.57%), Vitamin B1: 0.04mg (2.48%), Vitamin B3: 0.47mg (2.33%), Folate: 9.2µg (2.3%), Copper: 0.04mg (2.09%), Iron: 0.33mg (1.83%), Vitamin B5: 0.15mg (1.48%), Vitamin B2: 0.02mg (1.15%)