



## Garlic-Potato Tapas

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 Tbsp grey poupon harvest coarse ground mustard
- 2 cloves garlic minced
- 2 green onions sliced
- 1 tsp ground pepper black
- 0.3 cup miracle whip dressing
- 3 lb potatoes cooled cooked peeled cut into 1-inch cubes, and

### Equipment

- bowl

## Directions

- Mix dressing, mustard, garlic and pepper in large bowl.
- Add potatoes and onions; mix lightly. Cover.
- Refrigerate at least 1 hour before serving.

## Nutrition Facts



**PROTEIN 9.93%** **FAT 3.17%** **CARBS 86.9%**

## Properties

Glycemic Index:26.22, Glycemic Load:21.91, Inflammation Score:-4, Nutrition Score:9.2439131024091%

## Flavonoids

Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

## Nutrients (% of daily need)

Calories: 143.75kcal (7.19%), Fat: 0.52g (0.8%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 27.91g (10.15%), Sugar: 2.53g (2.81%), Cholesterol: 0.96mg (0.32%), Sodium: 115.21mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.33%), Vitamin C: 34.31mg (41.59%), Vitamin B6: 0.51mg (25.75%), Potassium: 738.74mg (21.11%), Fiber: 4.18g (16.73%), Manganese: 0.32mg (15.86%), Magnesium: 41.24mg (10.31%), Phosphorus: 102.16mg (10.22%), Copper: 0.19mg (9.66%), Vitamin B1: 0.14mg (9.54%), Vitamin K: 9.89µg (9.42%), Vitamin B3: 1.83mg (9.14%), Iron: 1.45mg (8.06%), Folate: 29.33µg (7.33%), Vitamin B5: 0.52mg (5.19%), Zinc: 0.53mg (3.52%), Vitamin B2: 0.06mg (3.49%), Calcium: 26.86mg (2.69%), Selenium: 1.28µg (1.84%)