



Garlicky Roasted-Potato Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

SALAD

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons coriander seeds crushed
- ☐ 0.5 cup parsley fresh chopped
- ☐ 6 garlic cloves halved
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 3 pounds red potatoes red quartered
- ☐ 0.8 teaspoon salt

- ☐ 1 tablespoon Stone-Ground Mustard
- ☐ 1 tablespoon vegetable oil

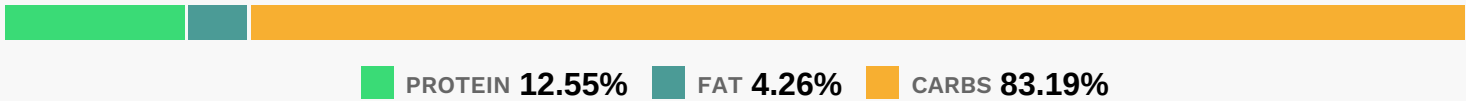
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine the first 5 ingredients in a large bowl, tossing mixture to coat.
- ☐ Place the potato mixture in a shallow roasting pan.
- ☐ Bake at 400 for 30 minutes or until tender, stirring mixture occasionally. Cool to room temperature.
- ☐ Combine the parsley, yogurt, green onions, salt, and black pepper in a large bowl.
- ☐ Add the cooled potato mixture, and toss gently.
- ☐ Serve salad at room temperature or chilled.
- ☐ Garnish with green onion, if desired.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.32, Inflammation Score:0, Nutrition Score:12.330434682577%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 137.54kcal (6.88%), Fat: 0.68g (1.04%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 29.83g (9.94%), Net Carbohydrates: 26.35g (9.58%), Sugar: 3.45g (3.83%), Cholesterol: 0.92mg (0.31%), Sodium: 283.31mg (12.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Vitamin K: 75.26µg (71.67%), Vitamin C: 21.34mg (25.86%), Potassium: 861.09mg (24.6%), Vitamin B6: 0.33mg (16.6%), Manganese: 0.32mg (15.83%), Fiber: 3.48g (13.91%), Phosphorus: 137.14mg (13.71%), Copper: 0.25mg (12.65%), Magnesium: 45.96mg (11.49%), Vitamin B1: 0.16mg (10.62%), Vitamin B3: 2.08mg (10.4%), Folate: 40.88µg (10.22%), Iron: 1.71mg (9.48%), Vitamin A: 379.03IU (7.58%), Calcium: 62.42mg (6.24%), Vitamin B5: 0.6mg (6.03%), Vitamin B2: 0.1mg (5.75%), Zinc: 0.82mg (5.45%), Selenium: 2.48µg (3.54%), Vitamin B12: 0.09µg (1.43%)