



## German Potato Salad

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



166 kcal

SIDE DISH

### Ingredients

- 1.8 cups beef broth swanson®
- 0.5 teaspoon celery seed
- 0.3 cup cider vinegar
- 0.3 cup flour all-purpose
- 3 tablespoons parsley fresh chopped
- 0.1 teaspoon ground pepper black
- 1 medium onion chopped
- 10 medium potatoes

- 0.5 teaspoon salt
- 3 tablespoons sugar

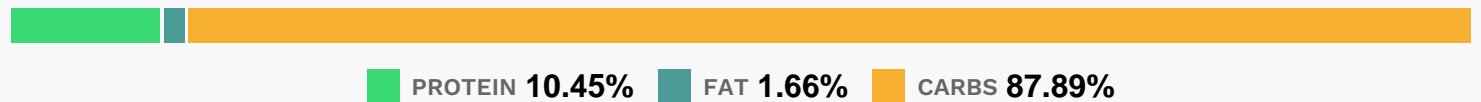
## Equipment

- sauce pan

## Directions

- Place potatoes in saucepan. Cover with water.
- Heat to a boil. Cook over low heat 20 minutes or until potatoes are tender.
- Drain. Cool and cut into cubes.
- Mix broth, vinegar, flour, sugar, celery seed, salt and black pepper in saucepan.
- Add onion. Cook until mixture boils and thickens, stirring constantly. Cook over low heat 5 minutes or until onion is tender.
- Toss potatoes, parsley and broth mixture until evenly coated.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:29.99, Glycemic Load:26.45, Inflammation Score:-5, Nutrition Score:10.545217331985%

## Flavonoids

Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

## Nutrients (% of daily need)

Calories: 165.61kcal (8.28%), Fat: 0.31g (0.48%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 37.01g (12.34%), Net Carbohydrates: 32.83g (11.94%), Sugar: 4.8g (5.34%), Cholesterol: 0mg (0%), Sodium: 239.14mg (10.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Vitamin C: 36.99mg (44.84%), Vitamin B6: 0.54mg (27.05%), Potassium: 793.04mg (22.66%), Vitamin K: 19.85µg (18.91%), Fiber: 4.18g (16.72%), Manganese: 0.33mg

(16.4%), Vitamin B3: 2.32mg (11.62%), Phosphorus: 112.66mg (11.27%), Vitamin B1: 0.17mg (11.24%), Magnesium: 44.17mg (11.04%), Copper: 0.2mg (10.13%), Iron: 1.7mg (9.43%), Folate: 37.14µg (9.28%), Vitamin B5: 0.56mg (5.59%), Vitamin B2: 0.08mg (4.78%), Zinc: 0.57mg (3.79%), Calcium: 29.28mg (2.93%), Selenium: 1.74µg (2.49%), Vitamin A: 88.13IU (1.76%)