



## German Potato Salad

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

SIDE DISH

### Ingredients

- 1.8 cups beef broth 50% organic swanson® (Regular, Less Sodium or Certified )
- 0.5 teaspoon celery seed
- 0.3 cup apple cider vinegar
- 0.3 cup flour all-purpose
- 3 tablespoons parsley fresh chopped
- 0.1 teaspoon pepper black
- 0.5 cup onion chopped
- 10 medium potatoes

3 tablespoon sugar

## Equipment

bowl

sauce pan

## Directions

PLACE the potatoes into a 4-quart saucepan.

Add water to cover.

Heat over high heat to a boil. Reduce the heat to low. Cook for 20 minutes or until the potatoes are tender.

Drain.

Let cool and cut in cubes.

Place the potatoes into a large bowl. STIR the broth, vinegar, flour, sugar, celery seed and black pepper in the saucepan. Stir in the onion. Cook and stir over medium-high heat until the mixture boils and thickens. Reduce the heat to low. Cook for 5 minutes or until the onion is tender. ADD the parsley and broth mixture to the potatoes and stir to coat.

Serve warm. Tip: You can let this dish stand for a few minutes before serving. The dressing will soak into the warm potatoes—delicious!

## Nutrition Facts



**PROTEIN 10.45%** **FAT 1.66%** **CARBS 87.89%**

## Properties

Glycemic Index:29.99, Glycemic Load:26.4, Inflammation Score:-4, Nutrition Score:10.482173727258%

## 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: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

## Nutrients (% of daily need)

Calories: 164.61kcal (8.23%), Fat: 0.31g (0.47%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 36.78g (12.26%), Net Carbohydrates: 32.64g (11.87%), Sugar: 4.7g (5.22%), Cholesterol: 0mg (0%), Sodium: 142.15mg (6.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.75%), Vitamin C: 36.81mg (44.61%), Vitamin B6: 0.54mg (26.9%), Potassium: 789.37mg (22.55%), Vitamin K: 19.84µg (18.9%), Fiber: 4.14g (16.55%), Manganese: 0.32mg (16.23%), Vitamin B3: 2.32mg (11.61%), Phosphorus: 111.94mg (11.19%), Vitamin B1: 0.17mg (11.16%), Magnesium: 43.92mg (10.98%), Copper: 0.2mg (10.08%), Iron: 1.69mg (9.4%), Folate: 36.66µg (9.17%), Vitamin B5: 0.56mg (5.56%), Vitamin B2: 0.08mg (4.74%), Zinc: 0.56mg (3.76%), Calcium: 28.65mg (2.86%), Selenium: 1.73µg (2.47%), Vitamin A: 88.08IU (1.76%)