



Greek Potato Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



247 kcal

SIDE DISH

Ingredients

- 2 lb baby potatoes unpeeled
- 2 medium bell pepper cut into 1-inch pieces
- 2 medium tomatoes seeded cut into eighths
- 1 medium cucumber cut into 1-inch pieces
- 0.5 cup olives whole ripe
- 4 oz feta cheese crumbled (1 cup)
- 0.5 cup vegetable oil
- 0.3 cup juice of lemon

- 1 tablespoon oregano dried fresh finely chopped
- 1 tablespoon dijon mustard
- 1 teaspoon sugar
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 cloves garlic finely chopped

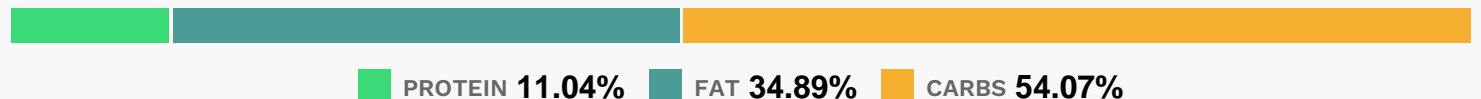
Equipment

- bowl
- sauce pan
- whisk
- steamer basket

Directions

- If potatoes are large, cut in half. In 3-quart saucepan, place steamer basket in 1/2 inch water (water should not touch bottom of basket).
- Place potatoes in steamer basket. Cover tightly and heat to boiling; reduce heat. Steam 18 to 22 minutes or until tender; cool to room temperature.
- In large glass or plastic bowl, beat all Lemon Dressing ingredients with wire whisk until blended; set aside.
- Add potatoes and remaining salad ingredients except cheese to dressing; toss.
- Serve immediately, or cover and refrigerate up to 24 hours.
- Sprinkle with cheese just before serving.

Nutrition Facts



Properties

Glycemic Index:60.81, Glycemic Load:21.11, Inflammation Score:-9, Nutrition Score:18.943478128184%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 246.89kcal (12.34%), Fat: 9.96g (15.33%), Saturated Fat: 3.4g (21.25%), Carbohydrates: 34.75g (11.58%), Net Carbohydrates: 28.96g (10.53%), Sugar: 5.45g (6.05%), Cholesterol: 16.82mg (5.61%), Sodium: 626.13mg (27.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.19%), Vitamin C: 91.52mg (110.94%), Vitamin B6: 0.72mg (36.14%), Vitamin A: 1751.71IU (35.03%), Potassium: 909.3mg (25.98%), Fiber: 5.79g (23.17%), Vitamin K: 23.02µg (21.92%), Manganese: 0.43mg (21.67%), Phosphorus: 183.92mg (18.39%), Folate: 63.89µg (15.97%), Vitamin B2: 0.27mg (15.74%), Calcium: 146.54mg (14.65%), Magnesium: 57.35mg (14.34%), Vitamin B1: 0.21mg (14.01%), Vitamin B3: 2.52mg (12.61%), Copper: 0.25mg (12.53%), Vitamin E: 1.81mg (12.07%), Iron: 2.09mg (11.64%), Vitamin B5: 0.91mg (9.11%), Zinc: 1.27mg (8.47%), Selenium: 4.51µg (6.44%), Vitamin B12: 0.32µg (5.32%)