



Greek Potato Salad

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



296 kcal

SIDE DISH

Ingredients

- 3 tablespoons mayonnaise
- 2 pounds baby potatoes
- 0.3 cup olive oil
- 0.5 teaspoon oregano dried
- 0.5 teaspoon pepper
- 0.3 cup red wine vinegar
- 0.5 teaspoon salt

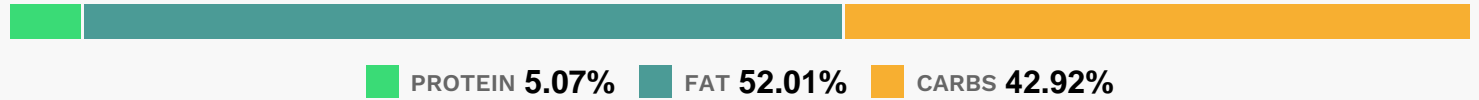
Equipment

whisk

Directions

- Cook potatoes in boiling salted water to cover 30 minutes. Cool slightly.
- Cut into 1-inch pieces.
- Whisk together oil and next 5 ingredients; toss with potato.

Nutrition Facts



Properties

Glycemic Index:34.15, Glycemic Load:23.25, Inflammation Score:-5, Nutrition Score:10.713043593842%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 295.6kcal (14.78%), Fat: 17.26g (26.56%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 27.92g (10.15%), Sugar: 1.47g (1.64%), Cholesterol: 3.53mg (1.18%), Sodium: 298.04mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin C: 35.81mg (43.4%), Vitamin B6: 0.54mg (26.93%), Vitamin K: 25.21µg (24.01%), Potassium: 775.52mg (22.16%), Fiber: 4.13g (16.51%), Manganese: 0.32mg (15.99%), Vitamin E: 1.89mg (12.58%), Magnesium: 43.18mg (10.8%), Phosphorus: 106.75mg (10.68%), Copper: 0.2mg (10.14%), Vitamin B1: 0.15mg (9.77%), Vitamin B3: 1.92mg (9.62%), Iron: 1.64mg (9.12%), Folate: 29.96µg (7.49%), Vitamin B5: 0.56mg (5.56%), Zinc: 0.55mg (3.67%), Vitamin B2: 0.06mg (3.59%), Calcium: 27.49mg (2.75%), Selenium: 0.76µg (1.08%)