



Grilled New Potato Salad with Peppers and Onions

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

419 kcal

SIDE DISH

Ingredients

- ☐ 4 servings canola oil
- ☐ 1 tablespoons dijon mustard
- ☐ 0.5 cup flat-leaf parsley roughly chopped
- ☐ 2 pounds new potatoes boiled
- ☐ 0.7 cup olive oil
- ☐ 2 cubano peppers peeled seeded
- ☐ 2 bell peppers red peeled seeded

- ☐ 2 onions red with skin, sliced 1/ and grilled
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup sherry vinegar

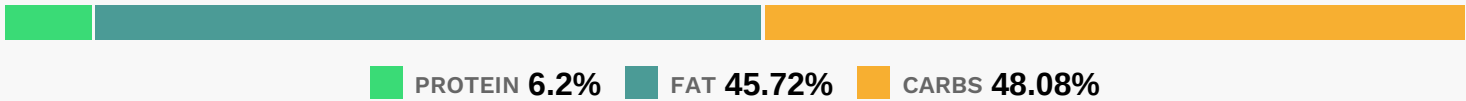
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill over high heat.
- ☐ Brush potatoes with oil, season with salt and pepper and grill until slightly charred.
- ☐ Whisk the vinegar and mustard in a bowl, then slowly whisk in the olive oil.
- ☐ Whisk in salt and pepper, to taste.
- ☐ Add the potatoes to the vinaigrette, then add the peppers, onions and the parsley, and toss to combine.

Nutrition Facts



Properties

Glycemic Index:62.19, Glycemic Load:31.16, Inflammation Score:-10, Nutrition Score:26.433478189551%

Flavonoids

Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg Luteolin: 3.3mg, Luteolin: 3.3mg, Luteolin: 3.3mg, Luteolin: 3.3mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 14.23mg, Quercetin: 14.23mg, Quercetin: 14.23mg, Quercetin: 14.23mg

Nutrients (% of daily need)

Calories: 419.49kcal (20.97%), Fat: 21.93g (33.74%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 51.88g (17.29%), Net Carbohydrates: 43.27g (15.73%), Sugar: 8.15g (9.05%), Cholesterol: 0mg (0%), Sodium: 66.78mg (2.9%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.37%), Vitamin C: 182.81mg (221.59%), Vitamin K: 149.38µg (142.27%), Vitamin A: 2723.74IU (54.47%), Vitamin B6: 1.05mg (52.56%), Potassium: 1319.18mg (37.69%), Fiber: 8.62g (34.48%), Vitamin E: 4.75mg (31.67%), Manganese: 0.6mg (30.22%), Folate: 91.74µg (22.93%), Magnesium: 77.07mg (19.27%), Vitamin B1: 0.29mg (19.1%), Phosphorus: 182.35mg (18.23%), Vitamin B3: 3.44mg (17.21%), Copper: 0.33mg (16.63%), Iron: 2.98mg (16.58%), Vitamin B5: 1.03mg (10.29%), Vitamin B2: 0.16mg (9.69%), Zinc: 1.09mg (7.25%), Calcium: 64.1mg (6.41%), Selenium: 2.3µg (3.29%)