



## Herbed Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 3 tablespoons champagne vinegar
- 1 tablespoon dijon mustard
- 2.5 teaspoons kosher salt as needed plus more
- 2.5 pounds baby potatoes white red scrubbed
- 0.3 cup olive oil
- 0.3 cup parsley fresh italian finely chopped
- 0.3 cup shallots finely chopped (from 1 medium shallot)

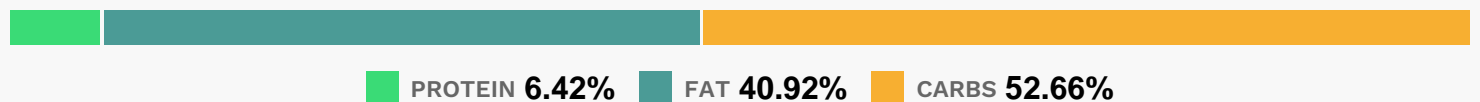
## Equipment

- bowl
- baking sheet
- knife
- whisk
- pot

## Directions

- Place the potatoes in a large pot filled with heavily salted water and bring to a boil over high heat. Reduce the heat to medium and simmer until a paring knife can easily be inserted into the potatoes, about 12 to 14 minutes. Meanwhile, whisk the oil, shallot, vinegar, mustard, 1 teaspoon of the measured salt, and the measured pepper in a large, nonreactive bowl and set aside. When the potatoes are ready, drain them, transfer to a rimmed baking sheet, and spread into an even layer. Set aside until cool enough to handle but still warm, about 20 minutes. Slice the potatoes into 1/2-inch rounds and place in the bowl with the dressing.
- Add the herbs and the remaining 1 1/2 teaspoons of salt and gently toss to combine. Taste and season with additional salt and pepper as needed.
- Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:34.96, Glycemic Load:24.75, Inflammation Score:-5, Nutrition Score:13.300000149271%

## Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

## Nutrients (% of daily need)

Calories: 265.13kcal (13.26%), Fat: 12.29g (18.91%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 35.59g (11.86%), Net Carbohydrates: 30.8g (11.2%), Sugar: 2.57g (2.85%), Cholesterol: 0mg (0%), Sodium: 1011.62mg (43.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Vitamin C: 41.66mg (50.49%), Vitamin K: 52.09µg (49.61%), Vitamin B6: 0.61mg (30.36%), Potassium: 861.53mg (24.62%), Fiber: 4.79g (19.16%), Manganese: 0.36mg (17.93%), Magnesium: 49.15mg (12.29%), Phosphorus: 120.5mg (12.05%), Vitamin E: 1.78mg (11.87%), Copper: 0.22mg (11.19%), Vitamin B1: 0.17mg (11.07%), Iron: 1.94mg (10.8%), Vitamin B3: 2.07mg (10.33%), Folate: 38.7µg (9.67%), Vitamin B5: 0.62mg (6.16%), Vitamin A: 217.14IU (4.34%), Zinc: 0.65mg (4.33%), Vitamin B2: 0.07mg (3.96%), Calcium: 34.11mg (3.41%), Selenium: 1.58µg (2.26%)