



## Herbed Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



271 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)

☐ 0.3 cup tarragon fresh finely chopped

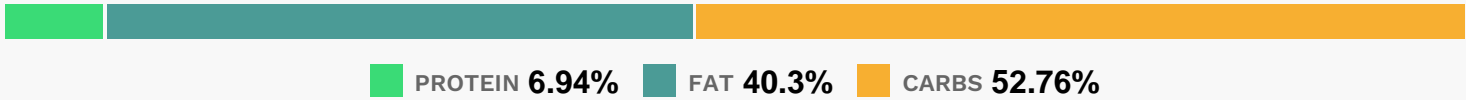
## Equipment

- ☐ 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:46.63, Glycemic Load:25.39, Inflammation Score:-6, Nutrition Score:14.654347751452%

## 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: 271.4kcal (13.57%), Fat: 12.44g (19.14%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 31.71g (11.53%), Sugar: 2.57g (2.85%), Cholesterol: 0mg (0%), Sodium: 1012.94mg (44.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Vitamin C: 42.72mg (51.78%), Vitamin K: 52.09µg (49.61%), Vitamin B6: 0.66mg (32.92%), Potassium: 925.7mg (26.45%), Manganese: 0.53mg (26.39%), Fiber: 4.95g (19.79%), Iron: 2.63mg (14.61%), Magnesium: 56.52mg (14.13%), Phosphorus: 127.15mg (12.71%), Copper: 0.24mg (11.91%), Vitamin E: 1.78mg (11.87%), Vitamin B1: 0.17mg (11.43%), Vitamin B3: 2.26mg (11.28%), Folate: 44.52µg (11.13%), Vitamin B5: 0.62mg (6.16%), Vitamin A: 306.39IU (6.13%), Calcium: 58.31mg (5.83%), Vitamin B2: 0.1mg (5.64%), Zinc: 0.73mg (4.88%), Selenium: 1.68µg (2.4%)