



Herbed Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 0.5 cup chives thinly sliced
- ☐ 1 cup wine dry white
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.8 teaspoon salt

- ☐ 3 tablespoons citrus champagne vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 3 pounds yukon gold potatoes

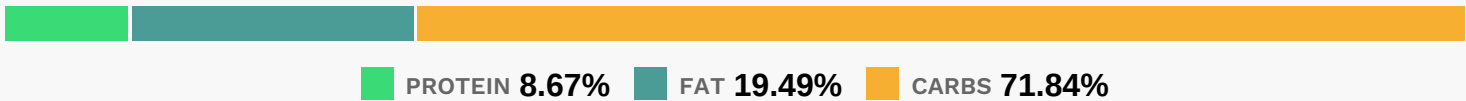
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place potatoes into a large saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 20 minutes or until tender.
- ☐ Drain, and cool for 10 minutes. Slice each potato in half lengthwise.
- ☐ Cut each half crosswise into 1/2-inch-thick slices.
- ☐ Place potato slices in a large bowl.
- ☐ Place wine in a small saucepan over medium-high heat; bring to a boil. Cook until reduced to 1/2 cup (about 6 minutes).
- ☐ Transfer wine to a bowl.
- ☐ Add vinegar, olive oil, Dijon mustard, salt, black pepper, and minced garlic; stir with a whisk until well combined.
- ☐ Drizzle wine mixture over potatoes; sprinkle with chives, parsley, and tarragon. Toss gently to combine.
- ☐ Serve salad warm or chilled.

Nutrition Facts



Properties

Glycemic Index:56.63, Glycemic Load:29.43, Inflammation Score:-6, Nutrition Score:14.484347830648%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 256.22kcal (12.81%), Fat: 5.03g (7.73%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 41.7g (13.9%), Net Carbohydrates: 36.37g (13.22%), Sugar: 2.27g (2.53%), Cholesterol: 0mg (0%), Sodium: 335.76mg (14.6%), Alcohol: 4.12g (100%), Alcohol %: 1.81% (100%), Protein: 5.03g (10.07%), Vitamin C: 48.92mg (59.29%), Vitamin B6: 0.72mg (35.89%), Vitamin K: 36.71µg (34.96%), Potassium: 1024.65mg (29.28%), Manganese: 0.5mg (24.91%), Fiber: 5.33g (21.33%), Magnesium: 61.57mg (15.39%), Phosphorus: 145.45mg (14.54%), Copper: 0.27mg (13.26%), Vitamin B1: 0.19mg (13%), Vitamin B3: 2.53mg (12.63%), Iron: 2.26mg (12.58%), Folate: 43.37µg (10.84%), Vitamin B5: 0.72mg (7.22%), Vitamin A: 279.19IU (5.58%), Vitamin B2: 0.09mg (5.38%), Zinc: 0.79mg (5.23%), Vitamin E: 0.72mg (4.83%), Calcium: 44.69mg (4.47%), Selenium: 1.77µg (2.53%)