



Herbed Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



170 kcal

SIDE DISH

Ingredients

- 0.3 cup flat parsley fresh
- 2 teaspoons thyme sprigs fresh
- 3 tablespoons olive oil extra-virgin (preferably)
- 2 pounds potato boiling
- 1 tablespoon shallots minced

Equipment

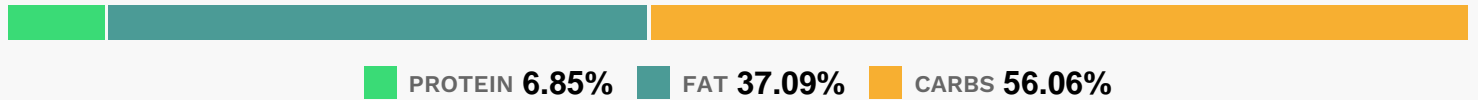
- bowl
- skewers

colander

Directions

- In a 5-quart kettle cover potatoes with cold salted water by 2 inches and simmer until just tender when tested with a wooden skewer, 10 minutes (for small fingerling potatoes) to 25 minutes (for larger boiling or all-purpose potatoes).
- Drain potatoes in a colander and cool to room temperature.
- Chop parsley and thyme.
- Cut cooled potatoes into 1 1/2-inch pieces. In a bowl gently toss potatoes with herbs, oil, shallot, and salt and pepper to taste.
- Serve potato salad at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:9.2995651442072%

Flavonoids

Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 170.49kcal (8.52%), Fat: 7.24g (11.15%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 24.64g (8.21%), Net Carbohydrates: 21.84g (7.94%), Sugar: 2.1g (2.34%), Cholesterol: 0mg (0%), Sodium: 29.02mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin K: 49.61µg (47.25%), Vitamin C: 17.53mg (21.25%), Potassium: 711.5mg (20.33%), Vitamin B6: 0.27mg (13.37%), Manganese: 0.23mg (11.68%), Fiber: 2.8g (11.2%), Copper: 0.21mg (10.57%), Phosphorus: 95.39mg (9.54%), Magnesium: 35.93mg (8.98%), Vitamin B3: 1.79mg (8.93%), Vitamin B1: 0.13mg (8.4%), Iron: 1.43mg (7.97%), Folate: 31.88µg (7.97%), Vitamin E: 1.04mg (6.95%), Vitamin A: 252.92IU (5.06%), Vitamin B5: 0.44mg (4.39%), Zinc: 0.54mg (3.63%), Vitamin B2: 0.05mg (3.11%), Calcium: 21.96mg (2.2%), Selenium: 0.78µg (1.11%)