



## Herbed potato salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

### Ingredients

- ☐ 800 g waxy new potatoes such as charlotte or nicola
- ☐ 4 tsp dijon mustard
- ☐ 4 tsp citrus champagne vinegar
- ☐ 4 tbsp olive oil
- ☐ 2 tbsp chives fresh chopped (or other herbs you like)
- ☐ 1 leaves bed of salad to serve green

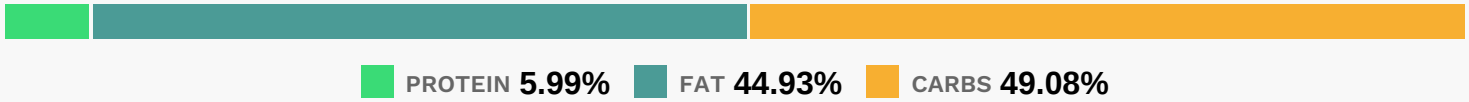
### Equipment

- ☐ bowl

# Directions

- ☐ Steam or boil the whole potatoes until tender when pierced.
- ☐ Remove and set aside to cool a little.
- ☐ Mix the mustard and vinegar in a big serving bowl until smooth, add the oil and season to taste if you want, then mix again until blended.
- ☐ Slice the potatoes and toss together with the herbs in the bowl of dressing.
- ☐ Serve on a bed of leaves.

## Nutrition Facts



## Properties

Glycemic Index:40.19, Glycemic Load:25.61, Inflammation Score:-4, Nutrition Score:11.523913082869%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

## Nutrients (% of daily need)

Calories: 282.25kcal (14.11%), Fat: 14.36g (22.09%), Saturated Fat: 2g (12.49%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 30.64g (11.14%), Sugar: 1.66g (1.84%), Cholesterol: 0mg (0%), Sodium: 67.79mg (2.95%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.31g (8.61%), Vitamin C: 40.37mg (48.94%), Vitamin B6: 0.6mg (29.79%), Potassium: 856.46mg (24.47%), Fiber: 4.65g (18.61%), Manganese: 0.34mg (16.76%), Vitamin K: 15.5µg (14.76%), Vitamin E: 2.06mg (13.71%), Magnesium: 49.26mg (12.31%), Phosphorus: 120.77mg (12.08%), Vitamin B1: 0.17mg (11.38%), Copper: 0.22mg (11.13%), Vitamin B3: 2.15mg (10.74%), Iron: 1.77mg (9.81%), Folate: 34.02µg (8.5%), Vitamin B5: 0.61mg (6.12%), Zinc: 0.62mg (4.15%), Vitamin B2: 0.07mg (4.07%), Selenium: 2.31µg (3.31%), Calcium: 29mg (2.9%), Vitamin A: 75.68IU (1.51%)