



Herbed Potato Salad with Green Beans and Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons dijon mustard
- ☐ 1 cup basil fresh chopped
- ☐ 6 garlic clove crushed
- ☐ 2 cups green beans (2-inch) ()
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 1 tablespoon olive oil

- ☐ 2.5 pounds potatoes – remove skin red quartered
- ☐ 0.5 teaspoon salt
- ☐ 2 cups tomatoes diced seeded
- ☐ 0.3 cup citrus champagne vinegar

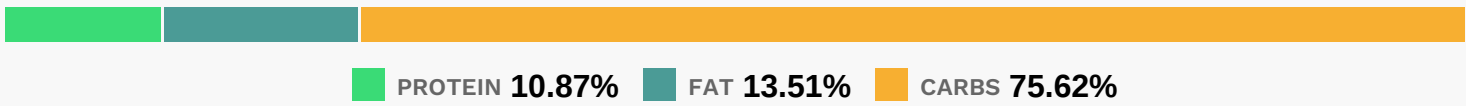
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Place potatoes in a Dutch oven; cover with water. Bring to a boil; cook 10 minutes.
- ☐ Add beans, and cook 6 minutes or until tender.
- ☐ Drain.
- ☐ Combine basil and next 7 ingredients (basil through garlic) in a large bowl.
- ☐ Add potato mixture; toss well.
- ☐ Add tomato, and toss gently. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.01, Inflammation Score:-6, Nutrition Score:9.3378261224083%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 110.77kcal (5.54%), Fat: 1.74g (2.67%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 18.73g (6.81%), Sugar: 3.12g (3.47%), Cholesterol: 0mg (0%), Sodium: 152.22mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.29%), Vitamin K: 36.46µg (34.73%), Vitamin C: 18.49mg (22.41%),

Potassium: 666.3mg (19.04%), Manganese: 0.33mg (16.35%), Vitamin B6: 0.28mg (13.89%), Fiber: 3.15g (12.62%),
Vitamin A: 585.84IU (11.72%), Copper: 0.21mg (10.31%), Magnesium: 37.6mg (9.4%), Folate: 37.11µg (9.28%),
Phosphorus: 92.35mg (9.23%), Vitamin B1: 0.13mg (8.67%), Vitamin B3: 1.71mg (8.54%), Iron: 1.38mg (7.65%),
Vitamin B2: 0.07mg (4.26%), Vitamin B5: 0.42mg (4.16%), Zinc: 0.55mg (3.65%), Calcium: 35.08mg (3.51%), Vitamin
E: 0.52mg (3.44%), Selenium: 1.34µg (1.91%)