



Herbed Tomato and Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



152 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

Ingredients

- 1 pound potatoes - remove skin red
- 0.5 cup basil fresh chopped
- 0.3 cup sage fresh chopped
- 0.5 cup mint leaves fresh
- 0.5 cup vegetable oil
- 0.5 cup citrus champagne vinegar
- 5 roma tomatoes cut into fourths (plum)
- 0.3 cup onion finely chopped

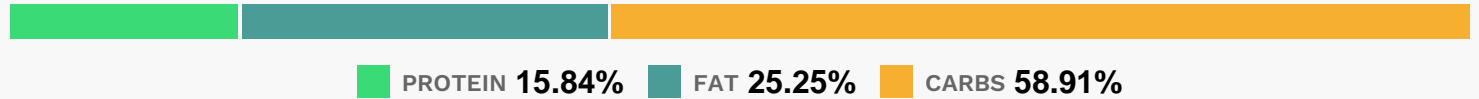
Equipment

sauce pan

Directions

- Heat 1 inch water (salted if desired) to boiling in 3-quart saucepan.
- Add potatoes. Cover and heat to boiling; reduce heat. Cook 20 to 25 minutes or until tender; drain. Cool; cut into 1/2-inch slices.
- Gently mix potatoes and remaining ingredients. Cover and refrigerate about 2 hours, stirring occasionally, until chilled.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.67, Inflammation Score:-8, Nutrition Score:31.223043405491%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 150.4kcal (7.52%), Fat: 4.72g (7.27%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 15g (5.45%), Sugar: 2.95g (3.28%), Cholesterol: 0mg (0%), Sodium: 34.23mg (1.49%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 6.67g (13.33%), Vitamin K: 351.01µg (334.29%), Copper: 2.75mg (137.47%), Manganese: 2.23mg (111.56%), Iron: 18.77mg (104.29%), Calcium: 470.93mg (47.09%), Magnesium: 168.18mg (42.05%), Fiber: 9.8g (39.21%), Potassium: 1026.86mg (29.34%), Vitamin B6: 0.45mg (22.34%), Folate: 88.02µg (22%), Vitamin C: 15.52mg (18.82%), Vitamin E: 2.69mg (17.96%), Vitamin B2: 0.28mg (16.62%), Vitamin A: 741.79IU (14.84%), Zinc: 1.81mg (12.06%), Phosphorus: 119.07mg (11.91%), Vitamin B3: 2.21mg (11.07%), Vitamin B1: 0.1mg (6.96%), Vitamin B5: 0.44mg (4.43%), Selenium: 1µg (1.43%)