



Italian New Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 0.8 pound green beans
- ☐ 1.5 pounds baby potatoes cut into fourths
- ☐ 0.3 cup water
- ☐ 0.5 cup balsamic vinaigrette italian
- ☐ 0.3 cup onion red chopped
- ☐ 2.3 ounces olives ripe drained sliced canned

Equipment

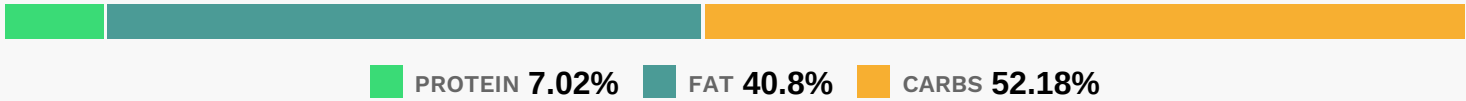
- ☐ bowl

☐ microwave

Directions

- ☐ Cut beans in half if desired. In 2-quart microwavable casserole, place beans, potatoes and water. Cover and microwave on High 10 to 12 minutes, rotating dish 1/2 turn every 4 minutes, until potatoes are tender; drain.
- ☐ In large glass or plastic bowl, toss beans, potatoes and dressing.
- ☐ Add onion and olives; toss. Cover and refrigerate 1 to 2 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:19.59, Glycemic Load:11.81, Inflammation Score:-5, Nutrition Score:7.4973913120187%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 146.32kcal (7.32%), Fat: 6.8g (10.47%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 16.21g (5.89%), Sugar: 2.8g (3.11%), Cholesterol: 0mg (0%), Sodium: 265.36mg (11.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.27%), Vitamin C: 22.31mg (27.05%), Vitamin K: 20.03µg (19.08%), Vitamin B6: 0.32mg (15.97%), Fiber: 3.37g (13.47%), Potassium: 458.43mg (13.1%), Manganese: 0.23mg (11.42%), Magnesium: 31.64mg (7.91%), Folate: 28.83µg (7.21%), Vitamin B1: 0.11mg (7.13%), Copper: 0.13mg (6.69%), Phosphorus: 66.41mg (6.64%), Vitamin A: 326.55IU (6.53%), Iron: 1.15mg (6.39%), Vitamin B3: 1.23mg (6.17%), Vitamin B2: 0.07mg (4.31%), Vitamin B5: 0.36mg (3.55%), Calcium: 32.93mg (3.29%), Vitamin E: 0.49mg (3.25%), Zinc: 0.36mg (2.41%)