



Italian Potatoes



Gluten Free



Dairy Free

READY IN



310 min.

SERVINGS



16

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon mustard dry
- ☐ 0.5 cup parsley leaves fresh chopped
- ☐ 3 large cloves garlic thinly sliced
- ☐ 0.5 cup green onions chopped
- ☐ 1 cup olive oil
- ☐ 5 pounds potatoes red
- ☐ 1 teaspoon salt
- ☐ 16 servings salt and pepper

- ☐ 1 scant tablespoon sugar
- ☐ 0.5 cup tarragon vinegar
- ☐ 1 tablespoon worcestershire sauce

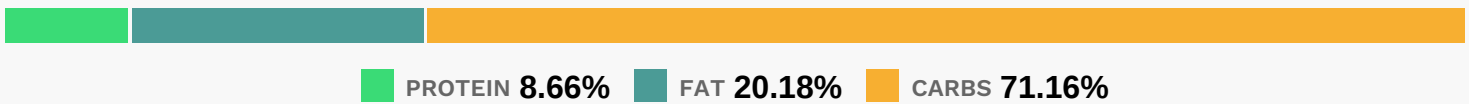
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place potatoes in a large pot and cover with water. Bring to a boil, generously salt the water, and boil the potatoes until tender, approximately 30 to 40 minutes.
- ☐ Drain and let stand until cool enough to handle. Peel potatoes, if desired, and cut into 1-inch chunks.
- ☐ Place cut potatoes in a large bowl.
- ☐ Sprinkle parsley and green onions over potatoes. Make the sauce by mixing the rest of the ingredients together in another bowl; then pour sauce over the potatoes. Stir well.
- ☐ Let stand all day, or at least for 4 hours, stirring every hour. Do not refrigerate.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:8.3882608569187%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 128.42kcal (6.42%), Fat: 2.94g (4.53%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 20.79g (7.56%), Sugar: 2.1g (2.33%), Cholesterol: 0mg (0%), Sodium: 380.33mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.69%), Vitamin K: 42.98µg (40.93%), Potassium: 675.44mg (19.3%), Vitamin C: 15.59mg (18.9%), Vitamin B6: 0.25mg (12.59%), Manganese: 0.22mg (11.2%), Fiber: 2.57g (10.29%), Copper: 0.2mg (10.01%), Phosphorus: 91.04mg (9.1%), Vitamin B3: 1.68mg (8.42%), Magnesium: 33.35mg (8.34%), Vitamin B1: 0.12mg (8.03%), Folate: 30.57µg (7.64%), Iron: 1.29mg (7.16%), Vitamin B5: 0.41mg (4.09%), Vitamin A: 199.94IU (4%), Zinc: 0.51mg (3.43%), Vitamin B2: 0.05mg (2.97%), Vitamin E: 0.44mg (2.92%), Calcium: 22.05mg (2.2%), Selenium: 0.99µg (1.41%)