



Joy's Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



128 kcal

SIDE DISH

Ingredients

- 12 cherry tomatoes halved
- 3 tablespoons basil fresh minced
- 1 medium size bell pepper diced green
- 2 pounds new potatoes
- 0.5 cup olive oil
- 0.5 teaspoon pepper
- 0.5 small purple onion diced
- 1 leaf lettuce red

- 0.3 cup red wine vinegar
- 2 teaspoons salt divided
- 2 teaspoons sugar

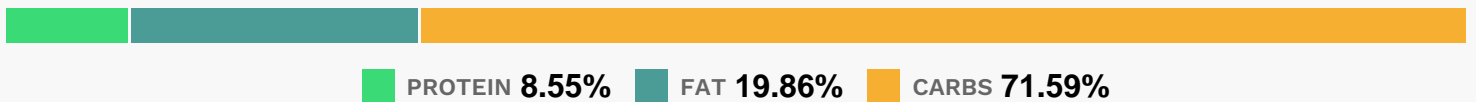
Equipment

- bowl
- blender

Directions

- Cook potatoes in boiling water to cover and 1 teaspoon salt 15 to 20 minutes or until tender; drain. Plunge into ice water to stop the cooking process; drain. Peel potatoes, and cut in half.
- Place potato, bell pepper, and next 3 ingredients in a large bowl.
- Process remaining 1 teaspoon salt, vinegar, pepper, and sugar in a blender until smooth. Turn blender on high; add oil in a slow, steady stream.
- Pour over potato mixture; toss gently to coat.
- Cover and chill 8 hours.
- Drain; serve on a lettuce-lined dish.

Nutrition Facts



Properties

Glycemic Index:40.61, Glycemic Load:15.41, Inflammation Score:-5, Nutrition Score:8.3773913590804%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 127.87kcal (6.39%), Fat: 2.88g (4.42%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 23.32g (7.77%), Net Carbohydrates: 20.22g (7.35%), Sugar: 3.19g (3.54%), Cholesterol: 0mg (0%), Sodium: 592.72mg (25.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.57%), Vitamin C: 40.83mg (49.5%), Vitamin B6: 0.4mg (19.91%), Potassium: 578.4mg (16.53%), Manganese: 0.26mg (12.96%), Fiber: 3.1g (12.39%), Vitamin K: 9.18µg (8.74%), Copper: 0.16mg (8.02%), Magnesium: 31.73mg (7.93%), Phosphorus: 78.36mg (7.84%), Vitamin B1: 0.11mg (7.49%), Vitamin B3: 1.42mg (7.1%), Iron: 1.23mg (6.82%), Folate: 25.07µg (6.27%), Vitamin A: 227.4IU (4.55%), Vitamin E: 0.61mg (4.06%), Vitamin B5: 0.4mg (3.96%), Vitamin B2: 0.05mg (2.89%), Zinc: 0.41mg (2.73%), Calcium: 22.54mg (2.25%)