



Lemon-Herb Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup arugula chopped
- ☐ 0.8 pound fingerling potatoes
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons kalamata olives sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon lemon zest grated

- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon parsley chopped
- ☐ 0.3 teaspoon pepper

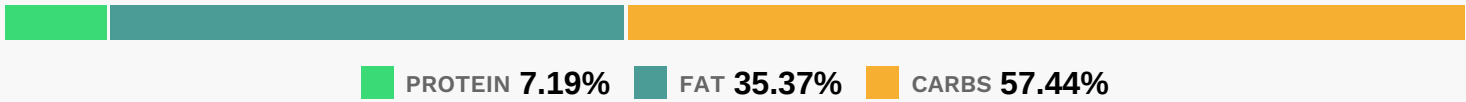
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place a saucepan filled two-thirds with water over high heat.
- ☐ Cut potatoes into 1-inch pieces.
- ☐ Add potatoes to pan; cover and bring to a boil. Reduce heat to medium-high; cook 5 minutes or until tender.
- ☐ Drain.
- ☐ Whisk together olive oil, lemon rind, lemon juice, Dijon, and pepper in a bowl. Stir in arugula, kalamata olives, parsley, basil, and chives.
- ☐ Add drained potatoes; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:54.46, Glycemic Load:7.28, Inflammation Score:-2, Nutrition Score:4.183043492877%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg

Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 70.2kcal (3.51%), Fat: 2.85g (4.38%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 8.94g (3.25%), Sugar: 0.57g (0.64%), Cholesterol: 0mg (0%), Sodium: 54.96mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin C: 13.65mg (16.55%), Vitamin K: 17.26µg (16.44%), Vitamin B6: 0.17mg (8.64%), Potassium: 255.17mg (7.29%), Fiber: 1.47g (5.86%), Manganese: 0.11mg (5.57%), Magnesium: 15.32mg (3.83%), Copper: 0.07mg (3.53%), Phosphorus: 35.11mg (3.51%), Vitamin B1: 0.05mg (3.32%), Iron: 0.57mg (3.16%), Vitamin B3: 0.63mg (3.15%), Folate: 12.58µg (3.14%), Vitamin E: 0.46mg (3.1%), Vitamin A: 134.73IU (2.69%), Vitamin B5: 0.19mg (1.85%), Calcium: 13.12mg (1.31%), Vitamin B2: 0.02mg (1.29%), Zinc: 0.19mg (1.27%)