



Lemon-Mustard Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

Ingredients

- 2 tablespoons optional: dill fresh chopped
- 0.3 cup juice of lemon
- 1 tablespoon mustard hot prepared
- 0.3 cup olive oil extra-virgin
- 1 cup onion chopped
- 3 pounds thin-skinned potatoes scrubbed cut into 1-inch chunks
- 1 teaspoon salt

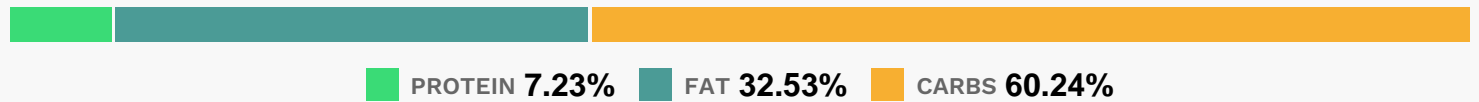
Equipment

- bowl
- frying pan

Directions

- In a 6- to 8-quart pan, combine potatoes and 4 quarts water. Cover and bring to a boil over high heat. Reduce heat and simmer until potatoes are tender when pierced, about 20 minutes.
- Drain.
- Meanwhile, in a large bowl, mix lemon juice, olive oil, mustard, and salt.
- Add potatoes, chopped onion, and dill and mix gently to coat.
- Serve warm, at room temperature, or chilled.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:8.3939129865688%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 189.6kcal (9.48%), Fat: 7.09g (10.91%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 29.55g (9.85%), Net Carbohydrates: 26.21g (9.53%), Sugar: 3.26g (3.62%), Cholesterol: 0mg (0%), Sodium: 343mg (14.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Potassium: 814.67mg (23.28%), Vitamin C: 19.15mg (23.21%), Vitamin B6: 0.32mg (15.91%), Manganese: 0.28mg (13.82%), Fiber: 3.34g (13.35%), Copper: 0.24mg (11.94%), Phosphorus: 112.26mg (11.23%), Magnesium: 40.84mg (10.21%), Vitamin B1: 0.15mg (10.16%), Vitamin B3: 2mg (9.98%), Folate: 36.22µg (9.06%), Vitamin K: 9.1µg (8.67%), Iron: 1.37mg (7.59%), Vitamin E: 1.01mg (6.74%), Vitamin B5: 0.52mg (5.15%), Zinc: 0.61mg (4.09%), Vitamin B2: 0.06mg (3.58%), Calcium: 23.7mg (2.37%), Selenium: 1.6µg (2.28%)