



Lemongrass and Ginger Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



32 min.

SERVINGS



6

CALORIES



141 kcal

SIDE DISH

Ingredients

- 1.5 tablespoons sesame oil dark
- 2 tablespoons cilantro leaves fresh chopped
- 2 teaspoons ginger fresh grated peeled
- 0.3 cup green onions thinly sliced
- 1 jalapeno minced
- 4 teaspoons lemongrass fresh minced peeled
- 2 pounds potatoes red cut into 1-inch pieces
- 2 tablespoons rice vinegar

- 0.8 teaspoon salt
- 1 tablespoon water

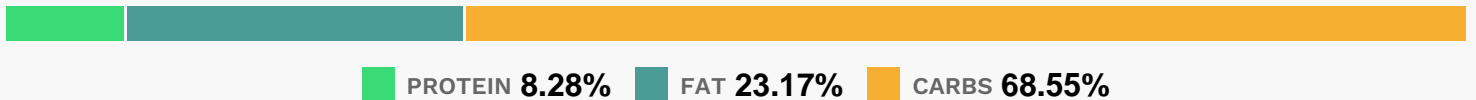
Equipment

- bowl
- sauce pan
- whisk

Directions

- Place potatoes in a medium saucepan, and cover with cold water. Bring to a boil. Reduce heat, and simmer 10 minutes or until potatoes are tender.
- Drain.
- Combine rice vinegar and the next 6 ingredients (through jalapeo) in a large bowl, stirring well with a whisk.
- Add potatoes to lemongrass mixture; toss gently to combine. Cool completely.
- Sprinkle potato mixture with green onions and cilantro; toss well to combine.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:7.5965217092763%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 141.42kcal (7.07%), Fat: 3.74g (5.75%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 22.1g (8.04%), Sugar: 2.19g (2.43%), Cholesterol: 0mg (0%), Sodium: 319.28mg (13.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Potassium: 717.52mg (20.5%), Vitamin C: 16.9mg (20.49%), Vitamin K: 17.21µg (16.39%), Vitamin B6: 0.27mg (13.6%), Manganese: 0.26mg (13.25%), Fiber: 2.8g (11.19%), Copper: 0.21mg (10.64%), Phosphorus: 96.07mg (9.61%), Vitamin B3: 1.81mg (9.05%), Magnesium: 35.53mg

(8.88%), Vitamin B1: 0.13mg (8.48%), Folate: 32.06µg (8.01%), Iron: 1.26mg (6.98%), Vitamin B5: 0.44mg (4.36%), Zinc: 0.54mg (3.62%), Vitamin B2: 0.05mg (3.19%), Calcium: 20.6mg (2.06%), Vitamin A: 100.16IU (2%), Vitamin E: 0.18mg (1.22%), Selenium: 0.84µg (1.2%)