



Lemony Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon ground mustard dry
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 spring onion thinly sliced
- ☐ 3 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 pounds potatoes - remove skin red cut into eighths
- ☐ 0.8 teaspoon salt

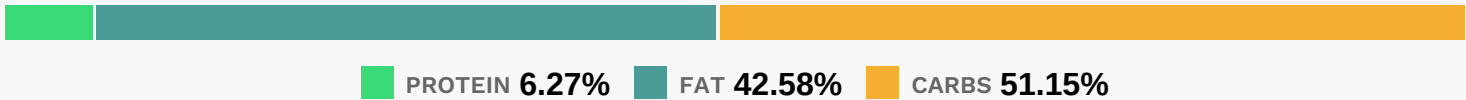
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring potatoes and salted cold water to cover to a boil in a large Dutch oven; boil 15 to 17 minutes or just until tender.
- ☐ Drain and let cool 5 minutes.
- ☐ Whisk together olive oil and next 4 ingredients in a large bowl.
- ☐ Add warm potatoes, green onions, and parsley; toss to coat.
- ☐ Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:9.296087000681%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 190.5kcal (9.53%), Fat: 9.31g (14.33%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 22.35g (8.13%), Sugar: 2.3g (2.56%), Cholesterol: 0mg (0%), Sodium: 319.9mg (13.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Vitamin K: 44.23µg (42.13%), Vitamin C: 18.82mg (22.81%), Potassium: 722.11mg (20.63%), Vitamin B6: 0.27mg (13.31%), Manganese: 0.24mg (12.06%), Fiber: 2.83g (11.34%), Copper: 0.21mg (10.66%), Phosphorus: 97.34mg (9.73%), Vitamin E: 1.37mg (9.16%), Magnesium: 36.35mg (9.09%),

Vitamin B3: 1.8mg (9.01%), Folate: 34.87µg (8.72%), Vitamin B1: 0.13mg (8.68%), Iron: 1.36mg (7.54%), Vitamin B5: 0.44mg (4.44%), Zinc: 0.55mg (3.68%), Vitamin A: 183.68IU (3.67%), Vitamin B2: 0.05mg (3.22%), Calcium: 22.81mg (2.28%), Selenium: 1.15µg (1.65%)