



Light and Fresh Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 0.8 cup cherry tomatoes sliced
- ☐ 1 cup cucumber peeled chopped
- ☐ 0.8 cup bell pepper green chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 2.3 ounce olives ripe drained sliced canned
- ☐ 0.5 cup and orange peppers chopped

- ☐ 2 pounds potatoes – remove skin red cubed
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup seasoned rice vinegar

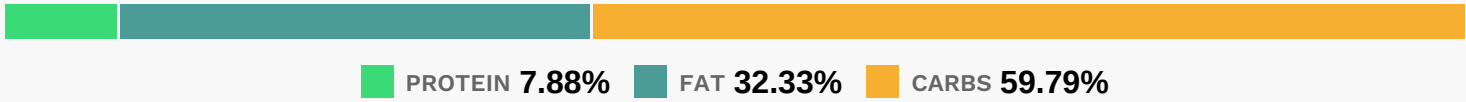
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare dressing, combine first 4 ingredients in a large bowl; stir with a whisk.
- ☐ To prepare salad, place potato and 1/2 teaspoon salt in a medium saucepan. Cover with water to 2 inches above potato; bring to a boil. Reduce heat, and simmer 8 minutes or until tender; drain.
- ☐ Add potato to dressing in bowl, tossing gently to coat; let stand 15 minutes. Stir in cucumber and remaining ingredients; toss well. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:5.9034782544426%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 89.41kcal (4.47%), Fat: 3.32g (5.11%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 11.86g (4.31%), Sugar: 1.92g (2.14%), Cholesterol: 0mg (0%), Sodium: 244.09mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Vitamin C: 24.81mg (30.07%), Potassium: 417.14mg (11.92%), Vitamin K: 10.33µg (9.84%), Vitamin B6: 0.18mg (9.17%), Fiber: 1.95g (7.81%), Manganese: 0.15mg (7.6%),

Copper: 0.13mg (6.61%), Vitamin A: 329.42IU (6.59%), Phosphorus: 55.76mg (5.58%), Vitamin E: 0.82mg (5.45%), Folate: 21.65µg (5.41%), Magnesium: 21.57mg (5.39%), Vitamin B1: 0.08mg (5.26%), Vitamin B3: 1.05mg (5.26%), Iron: 0.76mg (4.22%), Vitamin B5: 0.28mg (2.82%), Vitamin B2: 0.04mg (2.25%), Zinc: 0.32mg (2.14%), Calcium: 16.27mg (1.63%)