



## Marinated Potato Salad with Summer Vegetables



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



95 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 pound asparagus
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 0.7 cup celery diced
- ☐ 0.7 cup cucumber diced
- ☐ 0.3 pound green beans
- ☐ 0.7 cup bell pepper diced green
- ☐ 2 teaspoons brown sugar light

- ☐ 0.3 cup malt vinegar
- ☐ 2 pounds new potatoes unpeeled
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 1 cup onion diced red
- ☐ 0.3 cup red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon mustard stone-ground

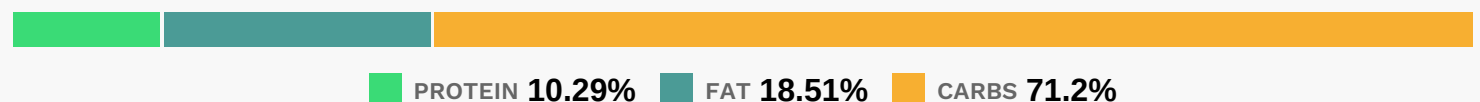
## Equipment

- ☐ whisk
- ☐ dutch oven

## Directions

- ☐ Cook potatoes in a Dutch oven in boiling water to cover 15 to 18 minutes or until tender; drain and cool slightly.
- ☐ Cut into bite-size pieces.
- ☐ Drizzle potatoes with rice vinegar; toss gently.
- ☐ Snap off tough ends of asparagus, and discard; cut asparagus and green beans into 1-inch pieces. Cook asparagus and green beans in boiling water to cover 3 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain and add to potato mixture.
- ☐ Add onion and next 3 ingredients; toss gently.
- ☐ Whisk together mustard and next 4 ingredients; gradually whisk in oil until blended.
- ☐ Drizzle over potato mixture; toss gently.
- ☐ Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:32.65, Glycemic Load:10.33, Inflammation Score:-5, Nutrition Score:8.56826096514%

## Flavonoids

Apigenin: 2.86mg, Apigenin: 2.86mg, Apigenin: 2.86mg, Apigenin: 2.86mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

## Nutrients (% of daily need)

Calories: 95.46kcal (4.77%), Fat: 2.02g (3.1%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 17.45g (5.82%), Net Carbohydrates: 14.5g (5.27%), Sugar: 2.87g (3.19%), Cholesterol: 0mg (0%), Sodium: 219.89mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Vitamin K: 38.01µg (36.2%), Vitamin C: 26.85mg (32.54%), Vitamin B6: 0.3mg (14.93%), Potassium: 448.43mg (12.81%), Fiber: 2.95g (11.8%), Manganese: 0.23mg (11.69%), Folate: 33.47µg (8.37%), Vitamin A: 377.88IU (7.56%), Vitamin B1: 0.11mg (7.54%), Copper: 0.15mg (7.37%), Iron: 1.33mg (7.36%), Magnesium: 27.82mg (6.95%), Phosphorus: 67.84mg (6.78%), Vitamin B3: 1.15mg (5.76%), Vitamin B2: 0.07mg (4.35%), Vitamin E: 0.58mg (3.9%), Vitamin B5: 0.36mg (3.64%), Calcium: 28.65mg (2.87%), Zinc: 0.42mg (2.82%), Selenium: 1.28µg (1.83%)