



Mediterranean Potato Salad

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



134 kcal

SIDE DISH

Ingredients

- 1 cucumber sliced quartered
- 8 ounces feta cheese crumbled
- 1 bell pepper green minced
- 1 juice of lemon juiced
- 3 pita breads cut into wedges
- 2 pounds potatoes
- 0.5 cup onion red sliced
- 0.5 cup salad dressing italian-style

16 servings salt and pepper to taste

Equipment

bowl

whisk

pot

Directions

Bring a large pot of salted water to a boil.

Add potatoes and cook until tender but still firm, about 15 minutes.

Drain, cool and chop.

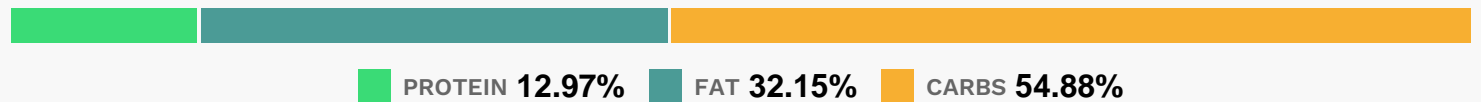
In a large bowl, combine the potatoes, green peppers, cucumbers, red onion and cheese.

Whisk together the lemon juice, salad dressing, salt and pepper.

Pour over salad and toss to coat.

Serve with pita bread wedges if desired.

Nutrition Facts



Properties

Glycemic Index:16.23, Glycemic Load:13.01, Inflammation Score:-3, Nutrition Score:6.5095652238182%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 133.87kcal (6.69%), Fat: 4.83g (7.43%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 16.71g (6.08%), Sugar: 1.93g (2.15%), Cholesterol: 12.62mg (4.21%), Sodium: 488.8mg (21.25%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Vitamin C: 18.87mg (22.88%), Vitamin B6: 0.27mg (13.44%), Phosphorus: 98.4mg (9.84%), Vitamin B2: 0.16mg (9.2%), Calcium: 91.42mg (9.14%), Potassium: 314.05mg (8.97%), Manganese: 0.17mg (8.67%), Fiber: 1.83g (7.31%), Vitamin B1: 0.11mg (7.3%), Vitamin K: 7.37µg (7.01%), Magnesium: 22.44mg (5.61%), Copper: 0.11mg (5.27%), Folate: 20.82µg (5.21%), Vitamin B3: 1.02mg (5.11%), Zinc: 0.72mg (4.78%), Iron: 0.78mg (4.34%), Vitamin B5: 0.41mg (4.08%), Vitamin B12: 0.24µg (3.99%), Selenium: 2.49µg (3.56%), Vitamin A: 104.83IU (2.1%), Vitamin E: 0.23mg (1.53%)