



Mediterranean Potato Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 1.5 lb potatoes – remove skin red cut in half
- ☐ 3 slices bacon
- ☐ 0.8 cup grape tomatoes red yellow
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup olives ripe sliced
- ☐ 0.5 cup salad dressing fat-free italian
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 tablespoon parsley fresh italian chopped

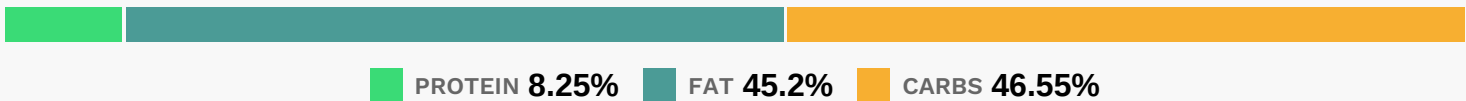
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ In 3-quart saucepan, heat 1 inch water to boiling.
- ☐ Add potatoes. Cover and heat to boiling; reduce heat. Cover and simmer 10 to 15 minutes or until tender; drain. Cool slightly.
- ☐ Cut potatoes into 3/4-inch cubes; place in large bowl.
- ☐ Meanwhile, line microwavable plate with microwavable paper towel.
- ☐ Place bacon on paper towel; top with another microwavable paper towel. Microwave on High 2 to 3 minutes or until bacon is crisp. Crumble bacon.
- ☐ Stir bacon, tomatoes, onion and olives into warm cubed potatoes. In small bowl, mix dressing and vinegar; pour over potato mixture, stirring gently to coat vegetables.
- ☐ Sprinkle with parsley.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:3.9056522379751%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 93.59kcal (4.68%), Fat: 4.78g (7.36%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 9.85g (3.58%), Sugar: 2.2g (2.44%), Cholesterol: 3.63mg (1.21%), Sodium: 188.57mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.93%), Vitamin K: 13.38µg (12.75%), Potassium: 307.97mg (8.8%), Vitamin C: 6.88mg (8.34%), Vitamin B6: 0.13mg (6.5%), Manganese: 0.1mg (5.11%), Fiber: 1.24g (4.94%), Vitamin B3: 0.96mg (4.78%), Phosphorus: 47.58mg (4.76%), Vitamin B1: 0.07mg (4.59%), Copper: 0.09mg (4.55%), Magnesium: 15.52mg (3.88%), Folate: 12.83µg (3.21%), Iron: 0.53mg (2.95%), Vitamin E: 0.4mg (2.7%), Vitamin A: 126.3IU (2.53%), Selenium: 1.63µg (2.33%), Vitamin B5: 0.2mg (2.03%), Zinc: 0.29mg (1.9%), Vitamin B2: 0.03mg (1.48%), Calcium: 10.93mg (1.09%)