



HEALTH SCORE

100%

## Minted Potato Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

## Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 16 ounce rosemary and garlic potatoes diced red pre-cooked (recommended: Reser's)
- ☐ 1 jalapeño seeded finely chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 2 tablespoons pimientos chopped
- ☐ 0.5 cup yogurt plain

☐ 2 scallions chopped

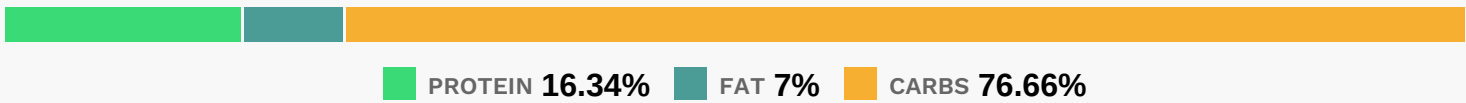
## Equipment

☐ mixing bowl

## Directions

☐ In a medium mixing bowl, combine all ingredients. Stir until thoroughly combined. Refrigerate 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:55, Glycemic Load:11.17, Inflammation Score:-8, Nutrition Score:21.557826252735%

## Flavonoids

Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 4.44mg, Apigenin: 4.44mg, Apigenin: 4.44mg, Apigenin: 4.44mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

## Nutrients (% of daily need)

Calories: 196.54kcal (9.83%), Fat: 1.66g (2.55%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 40.93g (13.64%), Net Carbohydrates: 37.84g (13.76%), Sugar: 3.15g (3.5%), Cholesterol: 3.98mg (1.33%), Sodium: 37.74mg (1.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.45%), Manganese: 1.96mg (98.12%), Vitamin B6: 1.47mg (73.44%), Vitamin C: 52.79mg (63.98%), Vitamin K: 48.63µg (46.32%), Calcium: 257.84mg (25.78%), Selenium: 16.95µg (24.22%), Phosphorus: 211.53mg (21.15%), Copper: 0.37mg (18.33%), Vitamin B1: 0.25mg (16.5%), Potassium: 571.51mg (16.33%), Iron: 2.46mg (13.67%), Fiber: 3.09g (12.37%), Vitamin A: 612.02IU (12.24%), Vitamin B2: 0.19mg (11.21%), Zinc: 1.6mg (10.67%), Magnesium: 37.54mg (9.38%), Vitamin B5: 0.83mg (8.34%), Vitamin B3: 1.02mg (5.12%), Folate: 17.02µg (4.25%), Vitamin E: 0.35mg (2.32%), Vitamin B12: 0.11µg (1.89%)