



Minted potato salad



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

Ingredients

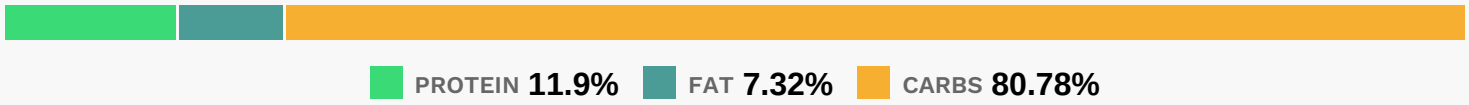
- ☐ 1 kg baby potatoes
- ☐ 1 garlic clove crushed
- ☐ 200 ml natural yogurt
- ☐ 1 tsp citrus champagne vinegar
- ☐ 1 tsp caster sugar
- ☐ 3 spring onion finely sliced
- ☐ 1 large handful mint leaves

Equipment

Directions

- ☐ Boil the potatoes for 15 mins or until, tender, then drain and cool. Stir together the garlic, yogurt, vinegar and sugar with some seasoning, to make the dressing. Can be made to this stage up to a day ahead.
- ☐ To serve, mix most of the spring onions and mint into the dressing, then pour it over the potatoes. Stir gently, taking care not to break the potatoes up. Scatter with the rest of the spring onions and mint to serve.

Nutrition Facts



Properties

Glycemic Index:39.14, Glycemic Load:22.25, Inflammation Score:-4, Nutrition Score:10.237826179551%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 155.37kcal (7.77%), Fat: 1.29g (1.99%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 28.24g (10.27%), Sugar: 3.75g (4.17%), Cholesterol: 4.49mg (1.5%), Sodium: 27.2mg (1.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Vitamin C: 34.51mg (41.83%), Vitamin B6: 0.51mg (25.67%), Potassium: 777.87mg (22.22%), Fiber: 3.89g (15.55%), Vitamin K: 15.66µg (14.92%), Manganese: 0.28mg (14.13%), Phosphorus: 131.33mg (13.13%), Magnesium: 44.37mg (11.09%), Vitamin B1: 0.15mg (9.88%), Copper: 0.19mg (9.6%), Vitamin B3: 1.83mg (9.14%), Folate: 33.7µg (8.42%), Iron: 1.45mg (8.07%), Calcium: 68.67mg (6.87%), Vitamin B2: 0.11mg (6.45%), Vitamin B5: 0.64mg (6.37%), Zinc: 0.72mg (4.83%), Vitamin A: 125.69IU (2.51%), Vitamin B12: 0.13µg (2.13%), Selenium: 1.37µg (1.96%)