



Mom's Russian Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 5 small beets
- ☐ 1 carrots peeled
- ☐ 1 dill pickle chopped
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 2 potatoes
- ☐ 6 servings salt to taste
- ☐ 0.5 cup sauerkraut drained

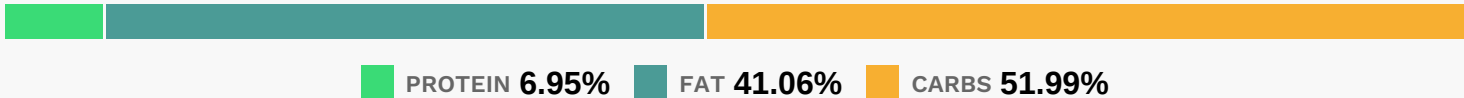
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place the beets, potatoes, and carrot into a saucepan, fill with water, and bring to a boil. Reduce heat and simmer until tender, about 20 minutes.
- ☐ Remove vegetables and allow to cool; peel the beets and potatoes. Dice the beets, potatoes, and carrot, and place into a salad bowl. Stir in onion, pickle, sauerkraut, olive oil, and salt. Chill the salad for 2 to 3 hours; serve cold.

Nutrition Facts



Properties

Glycemic Index:42.26, Glycemic Load:12.3, Inflammation Score:-8, Nutrition Score:9.6439129528792%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 153.81kcal (7.69%), Fat: 7.26g (11.18%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 16.54g (6.01%), Sugar: 5.89g (6.55%), Cholesterol: 0mg (0%), Sodium: 419.97mg (18.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.54%), Vitamin A: 1742.58IU (34.85%), Vitamin C: 20.11mg (24.38%), Folate: 86.39µg (21.6%), Manganese: 0.36mg (18.04%), Fiber: 4.16g (16.65%), Potassium: 576.66mg (16.48%), Vitamin B6: 0.29mg (14.62%), Vitamin K: 10.41µg (9.92%), Magnesium: 34.89mg (8.72%), Vitamin E: 1.14mg (7.59%), Phosphorus: 75.06mg (7.51%), Iron: 1.34mg (7.43%), Copper: 0.15mg (7.25%), Vitamin B1: 0.09mg (6.24%), Vitamin B3: 1.09mg (5.47%), Vitamin B2: 0.06mg (3.78%), Vitamin B5: 0.36mg (3.59%), Zinc: 0.5mg (3.3%), Calcium: 33mg (3.3%), Selenium: 0.77µg (1.09%)