



HEALTH SCORE

51%

Mom's Warm Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds yukon gold potatoes cut into uniform 1/2 to 1-inch pieces (3 large)
- ☐ 0.5 cup celery chopped
- ☐ 0.5 cup onion red chopped
- ☐ 0.3 cup flavorful olives green chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup seasoned rice vinegar
- ☐ 0.3 cup olive oil extra virgin
- ☐ 4 servings kosher salt and pepper black freshly ground to taste

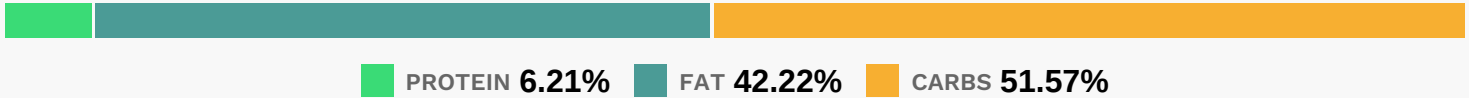
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Put the chopped potatoes into a saucepan, cover with an inch of cold water. Salt the water (one tablespoon for 2 quarts of water). Bring to a boil. Reduce heat to a simmer. Cover.
- ☐ Simmer for 10 minutes or until the potatoes are tender when pierced with a fork.
- ☐ Drain well.
- ☐ Combine with remaining ingredients while potatoes are still warm: Put potatoes in a large serving bowl with the celery, red onion, olives, and parsley. A
- ☐ dd the rice vinegar and oil while the potatoes are still warm, so they absorb the dressing.
- ☐ Add salt and pepper to taste. Adjust vinegar and oil to taste.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:64.19, Glycemic Load:29.52, Inflammation Score:-7, Nutrition Score:16.945652173913%

Flavonoids

Apigenin: 8.45mg, Apigenin: 8.45mg, Apigenin: 8.45mg, Apigenin: 8.45mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 324.52kcal (16.23%), Fat: 15.5g (23.85%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 42.6g (14.2%), Net Carbohydrates: 36.55g (13.29%), Sugar: 2.89g (3.21%), Cholesterol: 0mg (0%), Sodium: 202.72mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.25%), Vitamin K: 78.04µg (74.32%), Vitamin C: 51.54mg (62.47%), Vitamin B6: 0.71mg (35.48%), Potassium: 1044.12mg (29.83%), Fiber: 6.05g (24.21%), Manganese: 0.41mg

(20.67%), Vitamin E: 2.46mg (16.42%), Magnesium: 58.99mg (14.75%), Phosphorus: 141.52mg (14.15%), Copper: 0.28mg (13.93%), Vitamin B1: 0.2mg (13.27%), Folate: 50.69µg (12.67%), Vitamin B3: 2.53mg (12.65%), Iron: 2.21mg (12.3%), Vitamin A: 422.28IU (8.45%), Vitamin B5: 0.75mg (7.46%), Vitamin B2: 0.09mg (5.28%), Zinc: 0.76mg (5.04%), Calcium: 49.42mg (4.94%), Selenium: 1.02µg (1.46%)