



Mustard potato salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 1.5 kg baby potatoes halved
- ☐ 3 tbsp olive oil
- ☐ 1 tbsp coarse mustard
- ☐ 1 juice of lemon
- ☐ 3 spring onion chopped

Equipment

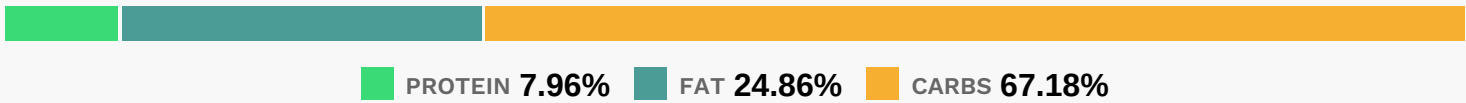
- ☐ bowl
- ☐ frying pan

whisk

Directions

- Cook the potatoes in a large pan of salted water until just tender, about 10–15 mins. Meanwhile, whisk together the olive oil, mustard and lemon juice in a large bowl.
- Drain the potatoes and leave to cool for 5 mins, then tip into the bowl along with the spring onions. Toss everything until the potatoes are well coated. Leave to cool. The dish will keep in a covered container in the fridge for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:24.05, Inflammation Score:-4, Nutrition Score:10.488260870394%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 194.19kcal (9.71%), Fat: 5.5g (8.46%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 29.11g (10.59%), Sugar: 1.69g (1.88%), Cholesterol: 0mg (0%), Sodium: 32.74mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.93%), Vitamin C: 39.24mg (47.57%), Vitamin B6: 0.56mg (27.94%), Potassium: 808.52mg (23.1%), Fiber: 4.33g (17.34%), Vitamin K: 16.07µg (15.3%), Manganese: 0.3mg (15.12%), Magnesium: 45.15mg (11.29%), Phosphorus: 110.86mg (11.09%), Vitamin B1: 0.16mg (10.46%), Copper: 0.21mg (10.41%), Vitamin B3: 2.01mg (10.07%), Iron: 1.59mg (8.84%), Folate: 33.76µg (8.44%), Vitamin B5: 0.57mg (5.69%), Vitamin E: 0.81mg (5.41%), Vitamin B2: 0.07mg (3.85%), Zinc: 0.58mg (3.83%), Calcium: 27.2mg (2.72%), Selenium: 1.23µg (1.76%)