



New Potato Salad with Sauteed Onion Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 2 cloves garlic finely chopped
- ☐ 2 pounds new potatoes boiled quartered
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion spanish finely sliced
- ☐ 0.3 cup parsley leaves finely chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 large shallots finely sliced

☐ 0.5 cup sherry vinegar

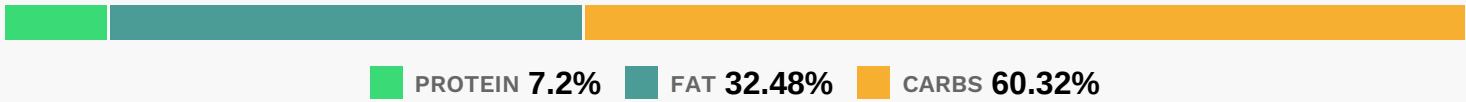
Equipment

☐ frying pan

Directions

- ☐ Heat the olive oil in a medium skillet over medium high heat.
- ☐ Add the onions and saute until lightly golden brown.
- ☐ Add the shallot and garlic and cook an additional 1 minute.
- ☐ Remove from the heat and add the vinegar.
- ☐ Pour the mixture over the warm potatoes, add the parsley and stir to combine. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:20.15, Inflammation Score:-5, Nutrition Score:11.281738960225%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 197.73kcal (9.89%), Fat: 7.19g (11.07%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 26.04g (9.47%), Sugar: 2.6g (2.89%), Cholesterol: 0mg (0%), Sodium: 13.9mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Vitamin K: 48.4µg (46.1%), Vitamin C: 35.71mg (43.28%), Vitamin B6: 0.51mg (25.27%), Potassium: 713.98mg (20.4%), Fiber: 4.01g (16.05%), Manganese: 0.32mg (15.92%), Magnesium: 40.62mg (10.15%), Phosphorus: 100.66mg (10.07%), Copper: 0.19mg (9.34%), Vitamin B1: 0.14mg (9.28%), Iron: 1.59mg (8.85%), Folate: 34.21µg (8.55%), Vitamin B3: 1.67mg (8.36%), Vitamin E: 1.05mg (7%), Vitamin B5: 0.51mg (5.08%), Vitamin A: 214.93IU (4.3%), Zinc: 0.54mg (3.62%), Vitamin B2: 0.06mg (3.51%), Calcium: 32.4mg (3.24%), Selenium: 0.78µg (1.11%)