



Oil and Vinegar Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 0.5 small onion red very thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon sugar
- ☐ 1.5 pounds yukon gold potatoes unpeeled (5 medium)

Equipment

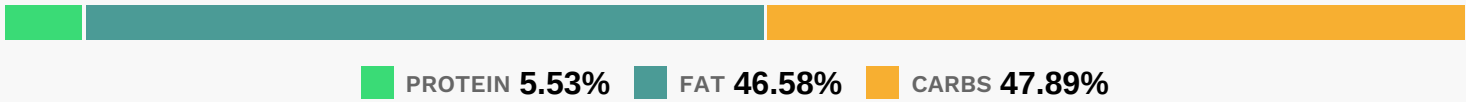
- ☐ bowl

☐ pot

Directions

- ☐ Cook potatoes in large pot of boiling saltedwater until tender, about 30 minutes.
- ☐ Drain.Cool to just warm, 10 to 15 minutes; peelpotatoes.
- ☐ Cut each potato in half, then cutinto 1/3-inch slices.
- ☐ Place warm potatoes in large bowl. Stirred wine vinegar and sugar in small bowluntil sugar dissolves, then drizzle overpotatoes. Toss to coat.
- ☐ Mix in onion slices.Season to taste with salt and pepper. Cool toroom temperature.
- ☐ Add olive oil and parsley to potatoes.Toss well and let marinate at least 20 minutesand up to 2 hours at room temperature.

Nutrition Facts



Properties

Glycemic Index:35.47, Glycemic Load:14.94, Inflammation Score:-4, Nutrition Score:7.6691304574842%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 174.2kcal (8.71%), Fat: 9.12g (14.04%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 21.11g (7.04%), Net Carbohydrates: 18.42g (6.7%), Sugar: 1.62g (1.8%), Cholesterol: 0mg (0%), Sodium: 8.9mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.87%), Vitamin C: 24.84mg (30.11%), Vitamin K: 29.48µg (28.07%), Vitamin B6: 0.35mg (17.34%), Potassium: 502.16mg (14.35%), Fiber: 2.69g (10.78%), Manganese: 0.19mg (9.6%), Vitamin E: 1.32mg (8.79%), Magnesium: 28.06mg (7.02%), Phosphorus: 68.87mg (6.89%), Copper: 0.13mg (6.45%), Vitamin B1: 0.1mg (6.41%), Vitamin B3: 1.22mg (6.12%), Iron: 1.08mg (6.01%), Folate: 21.91µg (5.48%), Vitamin B5: 0.35mg (3.52%), Zinc: 0.36mg (2.41%), Vitamin B2: 0.04mg (2.36%), Vitamin A: 114.77IU (2.3%), Calcium: 18.25mg (1.82%)