



Olive and Sun-Dried Tomato Tapenade Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



153 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup cherry tomatoes halved
- 1 tablespoon olive oil extravirgin
- 2 tablespoons basil fresh chopped
- 1.5 teaspoons garlic minced
- 0.3 cup kalamata olives minced pitted
- 0.5 teaspoon kosher salt divided

- 2 pounds potatoes red
- 0.3 cup oil-packed sun-dried tomato halves minced drained
- 2 tablespoons citrus champagne vinegar

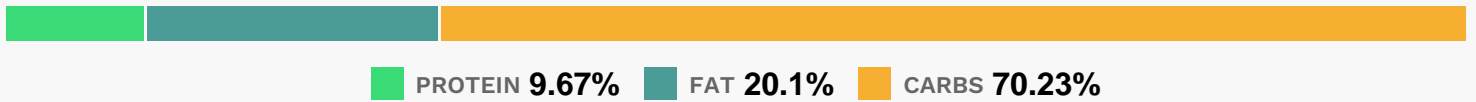
Equipment

- bowl
- sauce pan

Directions

- Place potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Cool slightly; cut into 1 1/2-inch chunks.
- Place in a large bowl; toss with vinegar and 1/4 teaspoon salt. Cool completely.
- Combine tomatoes, olives, basil, oil, and garlic.
- Add olive mixture, pepper, and remaining 1/4 teaspoon salt to potatoes; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:9.4260869285335%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 153.35kcal (7.67%), Fat: 3.58g (5.51%), Saturated Fat: 0.51g (3.22%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 24.6g (8.95%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 317.01mg (13.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Potassium: 909.75mg (25.99%), Vitamin C: 20.84mg (25.26%), Manganese: 0.36mg (17.87%), Vitamin B6: 0.3mg (15.21%), Copper: 0.3mg (14.98%), Fiber: 3.54g (14.16%), Phosphorus: 117.78mg (11.78%), Vitamin B3: 2.31mg (11.55%), Magnesium: 45.97mg (11.49%), Vitamin K: 11.45µg (10.9%), Vitamin B1: 0.16mg (10.57%), Iron: 1.8mg (9.98%), Folate: 34.22µg (8.55%), Vitamin B5: 0.56mg (5.58%), Vitamin E: 0.71mg (4.75%), Vitamin A: 229.87IU (4.6%), Vitamin B2: 0.08mg (4.51%), Zinc: 0.64mg (4.3%), Calcium:

29.17mg (2.92%), Selenium: 1.3µg (1.85%)