



## Potato and Green Bean Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

### Ingredients

- 0.3 cup parsley fresh finely chopped
- 1 teaspoon tarragon fresh chopped
- 8 ounces green beans trimmed
- 0.5 cup mayonnaise
- 8 servings bell pepper
- 1.5 pounds potatoes red
- 2.5 teaspoons salt
- 3 scallions light white green finely chopped

1.5 tablespoons white-wine vinegar

## Equipment

bowl

sauce pan

whisk

## Directions

Cover potatoes with cold water in a large saucepan.

Add 1 tsp. salt, cover and bring to a boil. Uncover, reduce heat and simmer until tender but not mushy, 10 to 12 minutes.

Drain, then place in a bowl of ice water to stop cooking.

Drain again.

Cut each potato in half, or into quarters if they're larger.

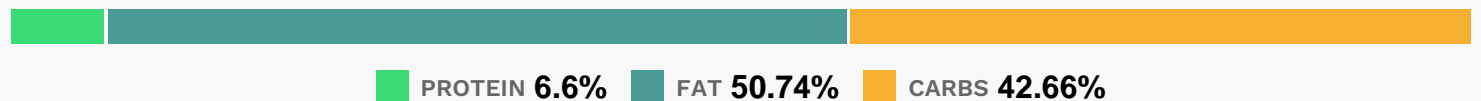
Bring another large saucepan of water to boil, add beans and 1 tsp. salt, and cook until just tender, 3 to 4 minutes.

Drain, plunge into ice water and drain again.

Whisk together mayonnaise and vinegar in a medium bowl. Stir in scallions, parsley, tarragon, 1/2 tsp. salt and pepper to taste.

Combine potatoes, green beans and dressing in a large salad bowl and toss gently to coat, being careful not to break up potatoes. Refrigerate for at least 1 hour, and up to 1 day, before serving to allow flavors to blend thoroughly.

## Nutrition Facts



## Properties

Glycemic Index:32.75, Glycemic Load:1.7, Inflammation Score:-9, Nutrition Score:17.716521831958%

## Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

## **Nutrients (% of daily need)**

Calories: 186.28kcal (9.31%), Fat: 10.92g (16.8%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 16.68g (6.07%), Sugar: 5.35g (5.95%), Cholesterol: 5.88mg (1.96%), Sodium: 837.75mg (36.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.39%), Vitamin C: 109.61mg (132.86%), Vitamin K: 81.19µg (77.33%), Vitamin A: 2756.57IU (55.13%), Vitamin B6: 0.41mg (20.65%), Potassium: 638.39mg (18.24%), Folate: 66.05µg (16.51%), Fiber: 3.97g (15.89%), Manganese: 0.3mg (14.94%), Vitamin E: 1.8mg (12%), Vitamin B3: 1.99mg (9.93%), Magnesium: 37.71mg (9.43%), Vitamin B1: 0.14mg (9.23%), Phosphorus: 88.72mg (8.87%), Iron: 1.54mg (8.58%), Copper: 0.16mg (7.9%), Vitamin B2: 0.13mg (7.68%), Vitamin B5: 0.57mg (5.72%), Zinc: 0.61mg (4.04%), Calcium: 34.62mg (3.46%), Selenium: 1.03µg (1.48%)