



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

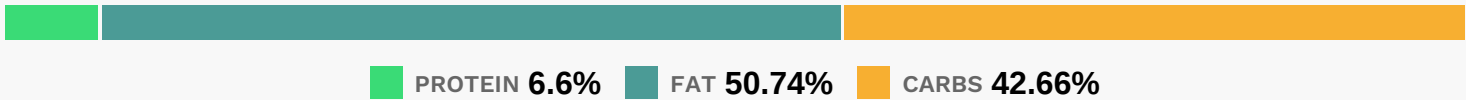
☐ sauce pan

☐ 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: Og (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%)