



Potato and Green Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



210 kcal

SIDE DISH

Ingredients

- 3 small bell peppers diced seeded
- 1 cup parsley fresh chopped fine
- 0.5 pound green beans washed ends trimmed cut into thirds
- 2 juice of lemon juiced
- 0.3 cup olive oil
- 2 pounds florida potatoes diced washed peeled
- 1 small onion diced red
- 10 servings sea salt and ground pepper fresh to taste

0.5 cup veganaise low-fat

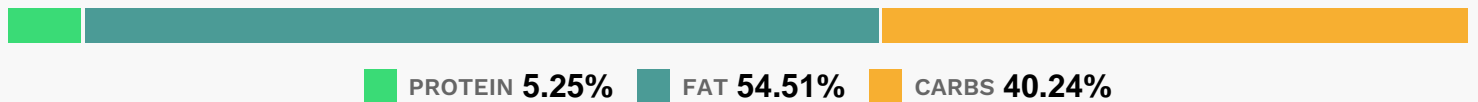
Equipment

- bowl
- mixing bowl
- pot
- sieve

Directions

- Kids Can: Snap the ends off the beans and break them into thirds.Fill medium-sized mixing bowl halfway with ice and water; set aside.Fill large sized stock pot 3/4 full with lightly salted water. Bring to rolling boil over medium-high heat.
- Add green beans to boiling water and let cook for 2 to 3 minutes. Using a hand strainer, remove green beans from boiling water and place into the ice water to stop them from cooking.After the green beans have cooled down, remove them from the ice water and set aside.Carefully add cut potatoes to same boiling water greens beans were cooked in. Cook potatoes in boiling water for around 15 minutes, depending on size. Once tender, drain and rinse with cold water.Kids Can: In large mixing bowl, combine mayonnaise, lemon juice and olive oil. Stir the mayonnaise mixture to combine.
- Add all of the rest of the ingredients to the bowl and lightly stir to combine all flavors.Taste and adjust seasoning with salt and pepper.Keep potato salad cold in the refrigerator and stir before serving on favorite greens.

Nutrition Facts



Properties

Glycemic Index:22.08, Glycemic Load:12.61, Inflammation Score:-8, Nutrition Score:14.85130441448%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg

0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 210.29kcal (10.51%), Fat: 12.87g (19.8%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 17.91g (6.51%), Sugar: 3.05g (3.39%), Cholesterol: 0mg (0%), Sodium: 269.4mg (11.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin K: 114.26µg (108.82%), Vitamin C: 60.17mg (72.93%), Vitamin A: 1359.41IU (27.19%), Vitamin B6: 0.39mg (19.28%), Potassium: 532.19mg (15.21%), Fiber: 3.48g (13.91%), Manganese: 0.24mg (11.88%), Folate: 44.62µg (11.16%), Vitamin E: 1.29mg (8.58%), Magnesium: 33.66mg (8.42%), Iron: 1.47mg (8.16%), Vitamin B1: 0.11mg (7.65%), Phosphorus: 73.25mg (7.32%), Vitamin B3: 1.44mg (7.18%), Copper: 0.13mg (6.59%), Vitamin B2: 0.08mg (4.78%), Vitamin B5: 0.44mg (4.35%), Calcium: 32.18mg (3.22%), Zinc: 0.46mg (3.06%)