



Potato and Vegetable Salad with Mustard Ranch

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 0.3 cup buttermilk
- ☐ 0.8 cup celery chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 2 pounds multicolored fingerling potatoes unpeeled cut into bite-sized pieces
- ☐ 0.5 cup flat-leaf parsley leaves fresh chopped
- ☐ 0.3 cup chives fresh chopped

- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon honey
- ☐ 2 teaspoons kosher salt divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 cup greek yogurt plain 2% reduced-fat
- ☐ 1 cup bell pepper red chopped (1 medium)

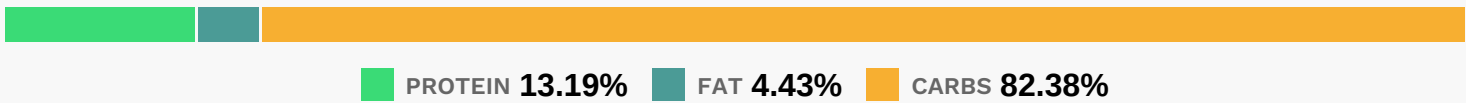
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place potato pieces and 1 teaspoon salt in a medium saucepan, and cover with water. Bring to a boil. Reduce heat, and simmer for 20 minutes or until the potatoes are tender but still hold their shape.
- ☐ Drain and rinse with cold water.
- ☐ Drain.
- ☐ Combine remaining 1 teaspoon salt, yogurt, and next 6 ingredients (through garlic) in a large bowl, stirring well with a whisk.
- ☐ Add the potatoes, bell pepper, and remaining ingredients to yogurt mixture, and toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:15.4, Inflammation Score:-8, Nutrition Score:13.253043459809%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.35mg, Apigenin: 8.35mg, Apigenin: 8.35mg, Apigenin: 8.35mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 111.63kcal (5.58%), Fat: 0.57g (0.88%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 23.87g (7.96%), Net Carbohydrates: 20.37g (7.41%), Sugar: 3.28g (3.65%), Cholesterol: 1.14mg (0.38%), Sodium: 629.98mg (27.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Vitamin K: 70.41µg (67.06%), Vitamin C: 53.86mg (65.29%), Vitamin B6: 0.43mg (21.36%), Vitamin A: 1021.29IU (20.43%), Potassium: 609.16mg (17.4%), Fiber: 3.51g (14.03%), Manganese: 0.27mg (13.49%), Folate: 40.55µg (10.14%), Phosphorus: 95.56mg (9.56%), Magnesium: 35.7mg (8.93%), Vitamin B1: 0.12mg (8.1%), Vitamin B3: 1.52mg (7.58%), Copper: 0.15mg (7.47%), Iron: 1.33mg (7.41%), Vitamin B2: 0.1mg (5.8%), Vitamin B5: 0.51mg (5.12%), Calcium: 46.28mg (4.63%), Zinc: 0.54mg (3.58%), Selenium: 2.06µg (2.95%), Vitamin E: 0.38mg (2.54%), Vitamin B12: 0.08µg (1.3%)