



Potato-Beet Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



80 kcal

SIDE DISH

Ingredients

- 15 oz baby beets rinsed drained canned
- 1 tablespoon dijon mustard
- 2 tablespoons parsley chopped
- 0.5 cup onion red rinsed drained chopped
- 1.5 pounds thin-skinned potatoes (3 in. wide)
- 2 tablespoons salad oil
- 12 servings salt and pepper
- 0.3 cup citrus champagne vinegar

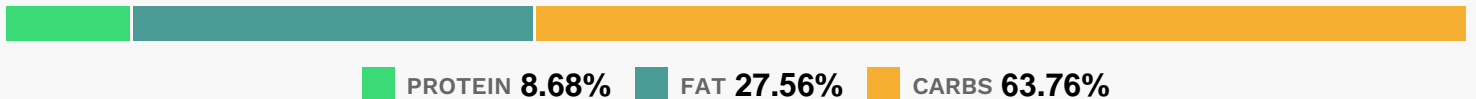
Equipment

- bowl
- frying pan

Directions

- Scrub potatoes.
- In a 3- to 4-quart covered pan over high heat, bring 1 1/2 quarts water to a boil.
- Add potatoes, cover, and simmer until they are just tender when pierced in thickest part, 20 to 30 minutes.
- Drain potatoes and cover generously with cold water.
- Drain when cool, about 15 minutes.
- Meanwhile, mix vinegar, oil, parsley, and mustard in a wide bowl.
- Peel potatoes.
- Cut potatoes and beets into 1/2- to 3/4-inch cubes and add to bowl.
- Add onion, mix gently, and season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:1.68, Inflammation Score:-3, Nutrition Score:5.0456521562908%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 80.48kcal (4.02%), Fat: 2.53g (3.89%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 11.01g (4%), Sugar: 3.43g (3.81%), Cholesterol: 0mg (0%), Sodium: 246.56mg (10.72%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin K: 14.36µg (13.67%), Folate: 51.2µg (12.8%), Potassium: 391.08mg (11.17%), Manganese: 0.22mg (10.75%), Vitamin C: 8.03mg (9.73%), Fiber: 2.15g (8.58%), Vitamin B6: 0.13mg (6.48%), Magnesium: 22.49mg (5.62%), Copper: 0.11mg (5.39%), Phosphorus: 52.96mg (5.3%), Iron: 0.8mg (4.47%), Vitamin B1: 0.06mg (4.19%), Vitamin B3: 0.79mg (3.97%), Vitamin E: 0.44mg (2.93%), Vitamin B5: 0.23mg (2.28%), Zinc: 0.34mg (2.27%), Vitamin B2: 0.04mg (2.06%), Calcium: 15.1mg (1.51%), Vitamin A: 72.84IU (1.46%), Selenium: 0.99µg (1.42%)