



Potato-Portobello Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 teaspoon pepper black
- 2 tablespoons capers
- 0.5 teaspoon basil dried
- 0.5 teaspoon tarragon dried
- 0.3 cup parsley fresh chopped
- 8 garlic cloves minced
- 0.5 cup green onions sliced

- 3 tablespoons juice of lemon
- 2 tablespoons olive oil extra-virgin
- 0.5 teaspoon oregano dried
- 2 portobello mushroom caps thinly sliced
- 2.3 pounds potatoes red sliced ()

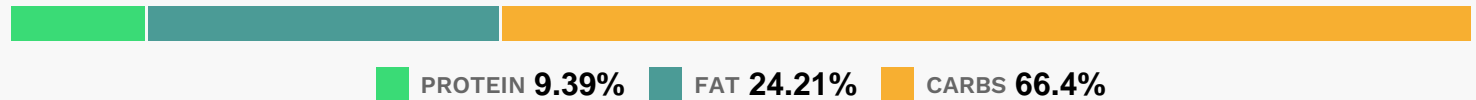
Equipment

- bowl
- sauce pan

Directions

- Place potato in a saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 10 minutes or until tender; drain. Cool.
- Combine green onions and next 10 ingredients (onions through garlic) in a large bowl.
- Add potato and mushrooms, and toss well.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:10.429565090848%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 136.47kcal (6.82%), Fat: 3.84g (5.91%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 20.8g (7.56%), Sugar: 2.82g (3.13%), Cholesterol: 0mg (0%), Sodium: 83.55mg (3.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Vitamin K: 51.99µg (49.51%), Vitamin C: 17.9mg (21.7%),

Potassium: 713.26mg (20.38%), Vitamin B6: 0.3mg (14.95%), Manganese: 0.29mg (14.63%), Copper: 0.26mg (13.03%), Vitamin B3: 2.53mg (12.63%), Fiber: 2.91g (11.65%), Phosphorus: 110.37mg (11.04%), Folate: 38.21µg (9.55%), Vitamin B1: 0.13mg (8.61%), Magnesium: 33.56mg (8.39%), Iron: 1.48mg (8.2%), Selenium: 5.05µg (7.22%), Vitamin B5: 0.64mg (6.36%), Vitamin B2: 0.08mg (4.93%), Vitamin A: 240.74IU (4.81%), Zinc: 0.64mg (4.24%), Vitamin E: 0.63mg (4.19%), Calcium: 32.71mg (3.27%)