



Potato, red onion & olive salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



20

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 1.5 kg baby potatoes cut into halves or quarters
- ☐ 2 tbsp juice of lemon
- ☐ 1 tsp chilli paste
- ☐ 1 onion red finely chopped
- ☐ 6 tbsp olive oil
- ☐ 200 g kalamata olive

Equipment

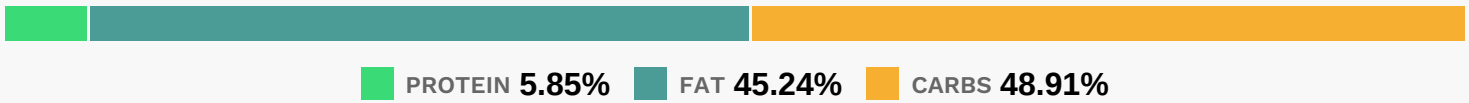
- ☐ bowl

☐ whisk

Directions

- ☐ Cook the potatoes in boiling salted water for 15–20 mins until tender, then drain well and tip into a large bowl.
- ☐ Tip the lemon juice, harissa, salt and pepper into a bowl and whisk well, then add the onion and olive oil and whisk again.
- ☐ Pour over the potatoes and olives, toss well, then leave to cool. Can be covered and chilled for up to 1 day.

Nutrition Facts



Properties

Glycemic Index:7.79, Glycemic Load:9.71, Inflammation Score:-2, Nutrition Score:4.5113043577775%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 112.01kcal (5.6%), Fat: 5.81g (8.93%), Saturated Fat: 0.81g (5.03%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 12.04g (4.38%), Sugar: 0.92g (1.03%), Cholesterol: 0mg (0%), Sodium: 160.84mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin C: 16.12mg (19.54%), Vitamin B6: 0.23mg (11.65%), Potassium: 330.37mg (9.44%), Fiber: 2.08g (8.33%), Vitamin E: 1mg (6.66%), Manganese: 0.12mg (6.12%), Copper: 0.1mg (4.79%), Magnesium: 19.05mg (4.76%), Phosphorus: 44.97mg (4.5%), Vitamin B1: 0.07mg (4.34%), Vitamin B3: 0.83mg (4.13%), Vitamin K: 4.15µg (3.95%), Iron: 0.67mg (3.74%), Folate: 13.7µg (3.43%), Vitamin B5: 0.23mg (2.34%), Vitamin B2: 0.03mg (1.57%), Calcium: 15.63mg (1.56%), Zinc: 0.23mg (1.55%)