



Potato Salad with Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



97 kcal

SIDE DISH

Ingredients

- 0.3 pound asparagus spears fresh (5 spears)
- 2 bibb lettuce leaves
- 0.5 teaspoon dijon mustard
- 1 tablespoon green onions sliced
- 1 Dash ground pepper white
- 1 teaspoon olive oil
- 6 ounces round potatoes red
- 1 Dash salt

2 tablespoons citrus champagne vinegar

Equipment

knife

peeler

Directions

Wash potatoes. Cook in boiling water to cover 20 to 25 minutes or until tender; drain and cool slightly.

Cut each potato into 6 wedges. Set aside.

Snap off tough ends of asparagus.

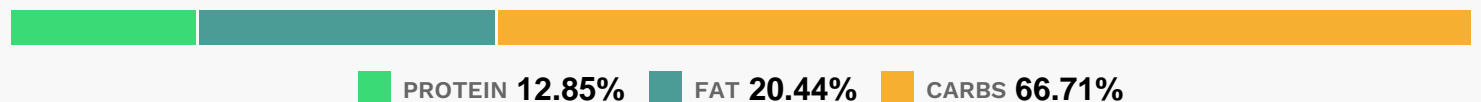
Remove scales from spears with a knife or vegetable peeler, if desired.

Cut asparagus into 1-inch pieces. Arrange asparagus in a vegetable steamer over boiling water. Cover and steam 4 to 5 minutes or until crisp-tender. Rinse with cold water.

Combine potato wedges, asparagus, and green onions in a shallow dish.

Combine vinegar and next 4 ingredients; pour over potato mixture, and toss gently. Cover and chill at least 1 hour, stirring occasionally. Spoon potato mixture evenly onto 2 lettuce-lined salad plates.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:0.37, Inflammation Score:-7, Nutrition Score:10.229565133219%

Flavonoids

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg

Nutrients (% of daily need)

Calories: 96.56kcal (4.83%), Fat: 2.28g (3.51%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 13.66g (4.97%), Sugar: 2.39g (2.66%), Cholesterol: 0mg (0%), Sodium: 52.07mg (2.26%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.45%), Vitamin K: 48.83µg (46.51%), Vitamin A: 962.2IU (19.24%), Potassium: 553.6mg (15.82%), Folate: 57.8µg (14.45%), Vitamin C: 11.79mg (14.29%), Manganese: 0.27mg (13.74%), Iron: 2.23mg (12.42%), Fiber: 3.06g (12.26%), Copper: 0.23mg (11.65%), Vitamin B1: 0.16mg (10.84%), Vitamin B6: 0.21mg (10.58%), Phosphorus: 90.85mg (9.09%), Vitamin B3: 1.61mg (8.05%), Magnesium: 30.85mg (7.71%), Vitamin B2: 0.12mg (7.03%), Vitamin E: 0.99mg (6.57%), Zinc: 0.65mg (4.31%), Vitamin B5: 0.42mg (4.21%), Calcium: 32.57mg (3.26%), Selenium: 2.28µg (3.25%)