



## Potato Salad with Fresh Herbs and Lemon

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

### Ingredients

- 0.3 cup basil fresh finely chopped
- 0.3 cup cilantro leaves fresh finely chopped
- 0.3 cup mint leaves fresh finely chopped
- 1 bell pepper diced green
- 0.3 cup juice of lemon fresh
- 1.5 teaspoons lemon zest grated
- 0.8 cup olive oil
- 1 cup onion chopped

2.3 pounds potatoes – remove skin unpeeled

## Equipment

bowl

whisk

pot

## Directions

Whisk oil, lemon juice and lemon peel in small bowl to blend. Season dressing with salt and pepper.

Place 1/2 cup dressing in large bowl.

Mix in green pepper, onion, cilantro, basil and mint.

Cook potatoes in large pot of boiling salted water until tender, about 25 minutes.

Drain; cool 15 minutes.

Cut potatoes into 1/2-inch cubes.

Add potatoes to bowl with dressing and toss to blend.

Let stand 10 minutes. Season to taste with salt and pepper, adding more dressing, if desired.

Serve at room temperature.

## Nutrition Facts



PROTEIN 7.94%  FAT 26.77%  CARBS 65.29%

## Properties

Glycemic Index:17.38, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:8.0165217389231%

## Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Quercetin: 5.51mg

## Nutrients (% of daily need)

Calories: 139.2kcal (6.96%), Fat: 4.31g (6.64%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 20.71g (7.53%), Sugar: 3.07g (3.41%), Cholesterol: 0mg (0%), Sodium: 25.09mg (1.09%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Vitamin C: 28.56mg (34.62%), Potassium: 657mg (18.77%), Vitamin B6: 0.28mg (14.1%), Manganese: 0.25mg (12.6%), Fiber: 2.96g (11.85%), Vitamin K: 11.98µg (11.41%), Copper: 0.2mg (9.94%), Phosphorus: 88.94mg (8.89%), Magnesium: 33.8mg (8.45%), Vitamin B1: 0.12mg (8.32%), Folate: 32.25µg (8.06%), Vitamin B3: 1.61mg (8.03%), Iron: 1.16mg (6.44%), Vitamin E: 0.69mg (4.57%), Vitamin B5: 0.42mg (4.16%), Vitamin A: 198.05IU (3.96%), Zinc: 0.5mg (3.36%), Vitamin B2: 0.06mg (3.28%), Calcium: 24.92mg (2.49%), Selenium: 0.75µg (1.08%)