



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.

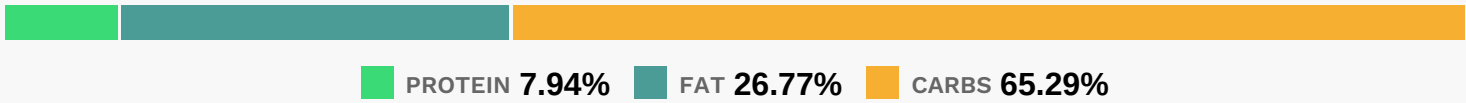
☐ Cut potatoes into 1/2-inch cubes.

☐ 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



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%)