



Potato Salad with Herbs and Grilled Summer Squash



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons pickled cucumbers / gherkins finely chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.3 cup chives fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 0.3 teaspoon kosher salt

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 pounds potatoes – remove skin red
- ☐ 2 tablespoons water
- ☐ 0.8 pound to 3 sized squashes yellow cut lengthwise into 1/2-inch slices

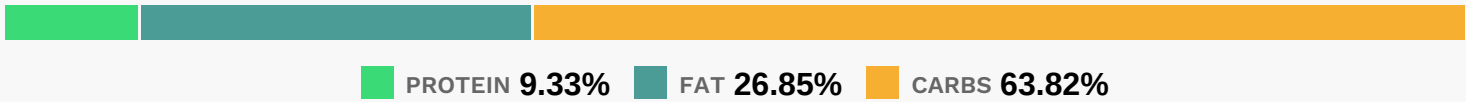
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ To prepare salad, place potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 18 minutes or until tender.
- ☐ Drain; cut potatoes into quarters, and place in a large bowl. Set aside.
- ☐ Lightly coat squash with cooking spray.
- ☐ Sprinkle evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Place squash on grill rack; grill 2 minutes on each side or until browned and tender.
- ☐ Remove squash from heat, and add to potatoes.
- ☐ To prepare dressing, combine chives and remaining ingredients in a small bowl; stir with a whisk.
- ☐ Pour dressing over potato mixture, tossing gently to combine.
- ☐ Serve salad warm or chilled.

Nutrition Facts



Properties

Glycemic Index:46.83, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:12.663043535274%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 163.48kcal (8.17%), Fat: 5.13g (7.89%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 23.92g (8.7%), Sugar: 3.5g (3.89%), Cholesterol: 0mg (0%), Sodium: 187.15mg (8.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Vitamin K: 51.58µg (49.12%), Vitamin C: 30.36mg (36.79%), Potassium: 900.97mg (25.74%), Manganese: 0.43mg (21.58%), Vitamin B6: 0.42mg (20.94%), Fiber: 3.51g (14.05%), Folate: 54.25µg (13.56%), Copper: 0.26mg (12.77%), Magnesium: 50.09mg (12.52%), Phosphorus: 121.62mg (12.16%), Vitamin B3: 2.17mg (10.86%), Iron: 1.92mg (10.65%), Vitamin B1: 0.16mg (10.55%), Vitamin A: 483.5IU (9.67%), Vitamin B2: 0.15mg (8.81%), Vitamin B5: 0.54mg (5.39%), Vitamin E: 0.8mg (5.31%), Zinc: 0.75mg (5.03%), Calcium: 43.9mg (4.39%), Selenium: 0.96µg (1.36%)