



Potato Salad with Olives and Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



6720 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup parsley fresh
- ☐ 3 garlic clove
- ☐ 0.3 cup oil-cured olives black pitted halved
- ☐ 5 tablespoons olive oil
- ☐ 3 pound potato hot boiling cooked quartered (2-inch)
- ☐ 0.3 teaspoon pepper dried hot
- ☐ 4 ounces roasted peppers red dry rinsed chopped
- ☐ 1 teaspoon salt

☐ 3 tablespoons sherry vinegar

Equipment

☐ bowl

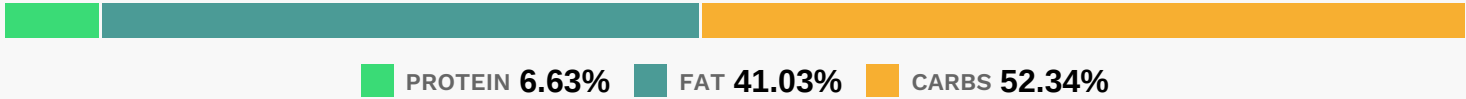
☐ knife

☐ whisk

Directions

- ☐ Mince garlic and mash to a paste with a pinch of salt using side of a large heavy knife.
- ☐ Transfer to a large bowl and whisk in vinegar, salt, and red-pepper flakes, then whisk in oil.
- ☐ Add hot potatoes to vinaigrette and toss to coat.
- ☐ Let stand until potatoes cool to warm, about 30 minutes, then stir in peppers, parsley, and olives.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:17.041739142459%

Flavonoids

Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 282.46kcal (14.12%), Fat: 13.26g (20.4%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 38.07g (12.69%), Net Carbohydrates: 33.46g (12.17%), Sugar: 3.04g (3.38%), Cholesterol: 0mg (0%), Sodium: 810.33mg (35.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.65%), Vitamin K: 123.15µg (117.29%), Vitamin C: 37.67mg (45.66%), Potassium: 1110.36mg (31.72%), Vitamin B6: 0.45mg (22.39%), Manganese: 0.39mg (19.58%), Fiber: 4.61g (18.44%), Copper: 0.35mg (17.69%), Phosphorus: 149.44mg (14.94%), Vitamin A: 730.07IU (14.6%), Magnesium: 56.94mg (14.24%), Vitamin B3: 2.84mg (14.18%), Vitamin E: 2.07mg (13.81%), Folate: 54.27µg (13.57%),

Iron: 2.4mg (13.33%), Vitamin B1: 0.2mg (13.26%), Vitamin B5: 0.68mg (6.78%), Zinc: 0.88mg (5.87%), Vitamin B2: 0.09mg (5.03%), Calcium: 47.33mg (4.73%), Selenium: 1.5µg (2.14%)