



Potato Salad with Olives, Capers, and Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons capers
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup olives green pitted halved lengthwise
- ☐ 0.5 cup green onions thinly sliced
- ☐ 1 tablespoon lemon rind grated

- ☐ 2 teaspoons oregano fresh chopped
- ☐ 0.5 cup parmigiano-reggiano cheese shaved
- ☐ 0.5 cup bell pepper red chopped
- ☐ 3 pounds potatoes red
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons water
- ☐ 0.5 cup bell pepper yellow chopped

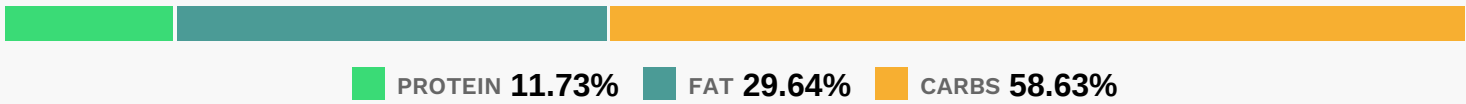
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ To prepare potatoes, place potatoes in a 13 x 9-inch baking dish.
- ☐ Drizzle with water; sprinkle with salt and pepper. Cover with aluminum foil; bake at 375 55 minutes or until tender. Uncover and cool 5 minutes.
- ☐ Cut in half.
- ☐ To prepare olive mixture, combine olive oil, bell pepper, and next 7 ingredients (bell pepper through garlic) in a large bowl.
- ☐ Add potatoes and cheese to bell pepper mixture; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.35, Inflammation Score:-8, Nutrition Score:12.551739151711%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg

Nutrients (% of daily need)

Calories: 197.32kcal (9.87%), Fat: 6.76g (10.4%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 26.05g (9.47%), Sugar: 2.9g (3.22%), Cholesterol: 4.25mg (1.42%), Sodium: 492.91mg (21.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.03%), Vitamin C: 46.15mg (55.94%), Potassium: 852.48mg (24.36%), Vitamin K: 24.62µg (23.45%), Vitamin B6: 0.36mg (18.04%), Fiber: 4.03g (16.13%), Manganese: 0.32mg (16.03%), Phosphorus: 156.82mg (15.68%), Copper: 0.28mg (13.78%), Magnesium: 47.37mg (11.84%), Calcium: 113.64mg (11.36%), Vitamin B3: 2.25mg (11.25%), Folate: 44.02µg (11%), Vitamin B1: 0.16mg (10.43%), Iron: 1.79mg (9.94%), Vitamin A: 479.82IU (9.6%), Vitamin E: 1.16mg (7.72%), Vitamin B2: 0.1mg (5.74%), Vitamin B5: 0.57mg (5.68%), Zinc: 0.84mg (5.57%), Selenium: 2.58µg (3.69%), Vitamin B12: 0.08µg (1.25%)