



Potato Salad with Olives, Tomatoes, and Capers



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 12 ounce cucumber cubed peeled halved lengthwise seeded
- ☐ 0.3 cup basil fresh very thinly sliced
- ☐ 3 hardboiled eggs peeled quartered
- ☐ 24 oil-cured olives black pitted halved
- ☐ 5 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon oregano dried

- ☐ 4 large plum tomatoes quartered
- ☐ 1 onion red very thinly sliced
- ☐ 2.5 pounds potatoes – remove skin scrubbed
- ☐ 3 tablespoons citrus champagne vinegar

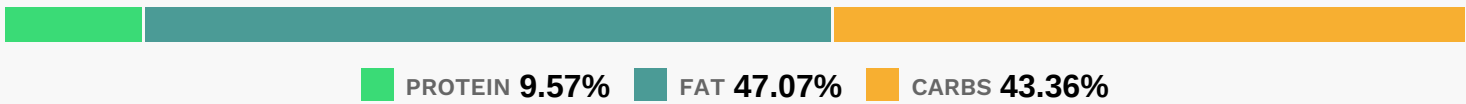
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook potatoes in boiling salted water until tender, about 30 minutes.
- ☐ Drain; cool. Peel potatoes, cut into 1-inch pieces and place in bowl.
- ☐ Add oil; toss to coat.
- ☐ Add cucumber, tomatoes, onion, olives, basil, and capers.
- ☐ Whisk vinegar and oregano in bowl; mix into salad. Season with salt and pepper.
- ☐ Garnish with eggs and serve.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:15.190869559412%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg

Nutrients (% of daily need)

Calories: 321.67kcal (16.08%), Fat: 17.26g (26.55%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 35.78g (11.93%), Net Carbohydrates: 30.66g (11.15%), Sugar: 5.47g (6.08%), Cholesterol: 93.25mg (31.08%), Sodium: 393.31mg

(17.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.79%), Potassium: 1109.15mg (31.69%), Vitamin C: 25.42mg (30.82%), Vitamin K: 26.07µg (24.83%), Vitamin B6: 0.44mg (22.22%), Manganese: 0.41mg (20.52%), Fiber: 5.12g (20.47%), Vitamin E: 2.87mg (19.15%), Phosphorus: 187.74mg (18.77%), Copper: 0.36mg (18.16%), Folate: 64.81µg (16.2%), Magnesium: 61.29mg (15.32%), Vitamin B1: 0.22mg (14.36%), Vitamin A: 650.87IU (13.02%), Vitamin B2: 0.22mg (12.96%), Selenium: 8.98µg (12.83%), Vitamin B3: 2.55mg (12.74%), Iron: 2.27mg (12.59%), Vitamin B5: 1.08mg (10.8%), Zinc: 1.11mg (7.43%), Calcium: 62.07mg (6.21%), Vitamin B12: 0.28µg (4.63%), Vitamin D: 0.55µg (3.67%)