



Potato Salad with Peas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons chives chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 cup peas green shelled
- ☐ 0.1 teaspoon cracked pepper
- ☐ 2 pounds potatoes red (7 medium)
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 0.5 cup tarragon vinegar

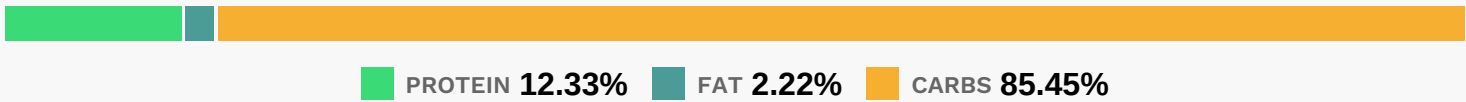
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place potatoes in a large saucepan. Cover with water; bring to a boil. Reduce heat; simmer, partially covered, 25 minutes or until tender.
- ☐ Add green peas; cook 1 minute.
- ☐ Drain; let cool slightly.
- ☐ Cut potatoes into 1/4-inch slices.
- ☐ Combine the potatoes, green peas, parsley, chives, and basil in a large bowl.
- ☐ Combine vinegar and remaining ingre-dients in a small bowl, and stir with a whisk.
- ☐ Pour over potato mixture, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:62.24, Glycemic Load:2.42, Inflammation Score:-6, Nutrition Score:11.266521701346%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 138.96kcal (6.95%), Fat: 0.35g (0.53%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 25.83g (9.39%), Sugar: 5.37g (5.96%), Cholesterol: 0mg (0%), Sodium: 223.93mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.63%), Vitamin K: 48.15µg (45.86%), Vitamin C: 26.19mg (31.74%), Potassium: 765.99mg (21.89%), Manganese: 0.35mg (17.64%), Fiber: 4.07g (16.28%), Vitamin B6: 0.31mg (15.42%), Copper: 0.26mg (12.79%), Vitamin B1: 0.19mg (12.7%), Phosphorus: 122.12mg (12.21%), Folate: 47.49µg (11.87%), Vitamin B3: 2.29mg (11.43%), Magnesium: 43.5mg (10.87%), Iron: 1.64mg (9.12%), Vitamin A: 442.91IU (8.86%), Zinc: 0.84mg (5.6%), Vitamin B2: 0.08mg (4.91%), Vitamin B5: 0.46mg (4.63%), Calcium: 28.53mg (2.85%), Selenium: 1.4µg (1.99%)