



Potato Salad with Roasted Red Peppers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



211 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon agave syrup
- 4 tablespoons canola oil
- 1 tablespoon dijon mustard
- 1 clove garlic minced
- 6 servings kosher salt
- 6 servings freshly cracked pepper black
- 2 pounds bliss potatoes red
- 0.3 cup roasted peppers red julienned

- 1 cup scallions finely sliced
- 1 tablespoon citrus champagne vinegar

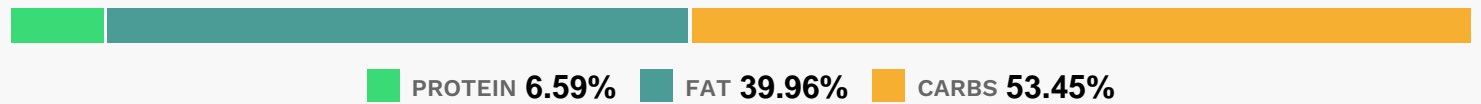
Equipment

- mixing bowl
- pot

Directions

- Watch how to make this recipe.
- In a medium pot, add the potatoes, some salt and water to cover. Bring to a boil. Cook the potatoes until just tender, 12 to 15 minutes. Strain and halve the potatoes.
- In a small glass jar, combine the oil, mustard, vinegar, agave syrup and garlic. Shake vigorously until emulsified. Taste, and season with salt and pepper.
- Combine the potatoes and red peppers in a large mixing bowl. Toss with the vinaigrette. Season with salt and pepper.
- Garnish with the scallions, if using.

Nutrition Facts



Properties

Glycemic Index:37.46, Glycemic Load:19.75, Inflammation Score:-5, Nutrition Score:11.377826110176%

Flavonoids

Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 211.24kcal (10.56%), Fat: 9.62g (14.8%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 24.95g (9.07%), Sugar: 2.18g (2.42%), Cholesterol: 0mg (0%), Sodium: 339.84mg (14.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Vitamin C: 36.86mg (44.67%), Vitamin K: 44.42µg (42.31%), Vitamin B6: 0.48mg (24.01%), Potassium: 702.03mg (20.06%), Fiber: 4g (15.99%), Manganese: 0.3mg (15.18%), Vitamin E: 1.76mg (11.72%), Magnesium: 40.57mg (10.14%), Phosphorus: 97.74mg (9.77%), Copper: 0.19mg

(9.62%), Vitamin B1: 0.14mg (9.26%), Folate: 36.56µg (9.14%), Vitamin B3: 1.75mg (8.74%), Iron: 1.56mg (8.67%),
Vitamin B5: 0.47mg (4.75%), Vitamin A: 212IU (4.24%), Vitamin B2: 0.07mg (3.99%), Calcium: 36.53mg (3.65%),
Zinc: 0.54mg (3.61%), Selenium: 1.52µg (2.17%)