



Potato salad with sweet onion dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

Ingredients

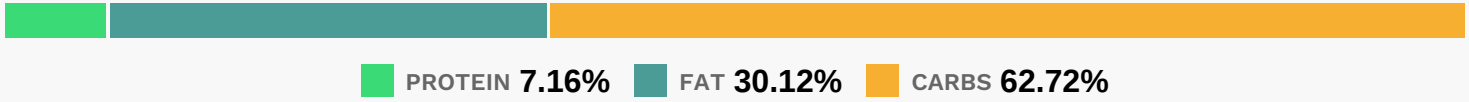
- ☐ 1 kg baby potatoes or any)
- ☐ 2 onions red finely chopped
- ☐ 2 garlic cloves crushed
- ☐ 3 tbsp olive oil
- ☐ 1 tbsp balsamic vinegar
- ☐ 1 tbsp cider vinegar
- ☐ 0.5 tsp sugar

Equipment

Directions

- ☐ Boil potatoes in salted water for 10–15 mins until tender. While the potatoes are cooking, mix together the remaining ingredients to make the dressing.
- ☐ Drain the potatoes and while still hot, mix together with the dressing.
- ☐ Tip into a secure container to take with you.

Nutrition Facts



Properties

Glycemic Index:37.61, Glycemic Load:16.98, Inflammation Score:-4, Nutrition Score:7.3317390704608%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 157.94kcal (7.9%), Fat: 5.39g (8.3%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 25.27g (8.42%), Net Carbohydrates: 22.04g (8.01%), Sugar: 2.72g (3.02%), Cholesterol: 0mg (0%), Sodium: 9.39mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.77%), Vitamin C: 26.89mg (32.6%), Vitamin B6: 0.41mg (20.55%), Potassium: 573.06mg (16.37%), Fiber: 3.23g (12.93%), Manganese: 0.25mg (12.33%), Phosphorus: 80.9mg (8.09%), Magnesium: 32.02mg (8.01%), Vitamin B1: 0.11mg (7.61%), Copper: 0.15mg (7.43%), Vitamin B3: 1.35mg (6.77%), Folate: 25.25µg (6.31%), Iron: 1.09mg (6.07%), Vitamin K: 5.66µg (5.39%), Vitamin E: 0.77mg (5.16%), Vitamin B5: 0.41mg (4.08%), Vitamin B2: 0.05mg (2.84%), Zinc: 0.42mg (2.8%), Calcium: 23.41mg (2.34%)