



Powered-Up Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



45 kcal

SIDE DISH

Ingredients

- 24 oz tricolor baby potatoes scrubbed sliced
- 2 tablespoons canola oil
- 0.3 cup chives minced
- 0.3 cup cider vinegar
- 0.3 teaspoon pepper
- 2 cups cabbage diced red
- 20 servings salt
- 2 teaspoons sugar

2 teaspoons mustard seeds yellow

Equipment

bowl

pot

Directions

In a bowl, stir vinegar, sugar, pepper and 1/2 tsp. salt until sugar dissolves. Stir in mustard seeds and cabbage.

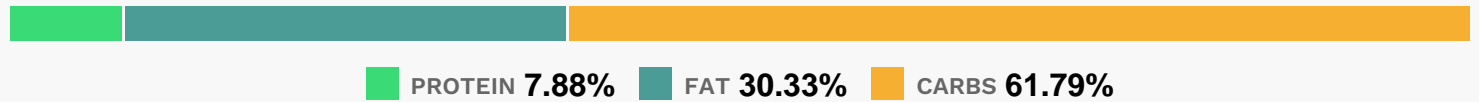
Bring a pot of salted water to a boil.

Add potatoes, return to a boil and cook until just tender, about 10 minutes.

Drain potatoes; let cool slightly. Fold into cabbage mixture with oil and chives.

Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:15.14, Glycemic Load:4.8, Inflammation Score:-2, Nutrition Score:2.8517391033795%

Flavonoids

Cyanidin: 18.67mg, Cyanidin: 18.67mg, Cyanidin: 18.67mg, Cyanidin: 18.67mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg 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: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 45.23kcal (2.26%), Fat: 1.56g (2.4%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 6.16g (2.24%), Sugar: 1.05g (1.16%), Cholesterol: 0mg (0%), Sodium: 198.45mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin C: 12.09mg (14.65%), Vitamin B6: 0.12mg (6.05%), Vitamin K: 6.17µg (5.87%), Potassium: 171.1mg (4.89%), Manganese: 0.09mg (4.7%), Fiber: 0.99g (3.96%), Magnesium: 10.77mg (2.69%), Phosphorus: 25.11mg (2.51%), Vitamin A: 122IU (2.44%), Vitamin B1: 0.04mg (2.38%), Iron: 0.38mg (2.12%), Copper: 0.04mg (2.09%), Vitamin B3: 0.41mg (2.07%), Folate: 8.06µg (2.02%), Vitamin E:

0.27mg (1.83%), Vitamin B5: 0.12mg (1.18%), Selenium: 0.79µg (1.13%), Vitamin B2: 0.02mg (1.09%)