



Provençal Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



135 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup cherry tomatoes halved
- 3 tablespoons parsley fresh chopped
- 1 tablespoon thyme leaves fresh
- 1 cup pieces green beans (1-inch)
- 9 kalamata olives pitted quartered
- 2 tablespoons olive oil extra-virgin
- 0.3 cup onion red finely chopped

- 1.3 pounds potatoes red
- 0.8 teaspoon salt
- 2 tablespoons citrus champagne vinegar
- 2 tablespoons whole-grain dijon mustard

Equipment

- bowl
- sauce pan
- whisk

Directions

- Place potatoes in a medium saucepan, cover with water, and bring to a boil. Reduce heat and simmer 20 minutes.
- Add beans; cook 1 1/2 minutes.
- Drain and rinse with cold water until cool.
- Cut potatoes into quarters; place potatoes and beans in a large bowl.
- Add tomatoes and onion; toss gently to combine.
- Combine oil and next 5 ingredients (through pepper) in a small bowl, stirring with a whisk.
- Pour over potato mixture; toss gently to coat. Stir in parsley and olives just before serving.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:0.6, Inflammation Score:-9, Nutrition Score:9.4282609068829%

Flavonoids

Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.65mg, Quercetin:

2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 135.03kcal (6.75%), Fat: 6g (9.23%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 15.84g (5.76%), Sugar: 2.84g (3.15%), Cholesterol: 0mg (0%), Sodium: 462.13mg (20.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin K: 47.25µg (45%), Vitamin C: 21.09mg (25.57%), Potassium: 563.89mg (16.11%), Manganese: 0.27mg (13.27%), Fiber: 3.05g (12.21%), Vitamin B6: 0.23mg (11.28%), Vitamin A: 506.18IU (10.12%), Copper: 0.18mg (9.13%), Iron: 1.56mg (8.65%), Magnesium: 34.55mg (8.64%), Phosphorus: 82.07mg (8.21%), Folate: 31.66µg (7.92%), Vitamin B1: 0.12mg (7.78%), Vitamin E: 1.16mg (7.73%), Vitamin B3: 1.45mg (7.25%), Vitamin B2: 0.07mg (3.94%), Vitamin B5: 0.38mg (3.75%), Selenium: 2.5µg (3.57%), Calcium: 35.15mg (3.51%), Zinc: 0.48mg (3.21%)