



Red Bliss Potato Salad with Chives

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



220 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons champagne vinegar
- ☐ 2 tablespoons crème fraîche
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 8 servings kosher salt and pepper to taste
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 5 tablespoons olive oil divided

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 pounds bliss potatoes red quartered
- ☐ 1 small shallots minced
- ☐ 3 tablespoons vegetable oil

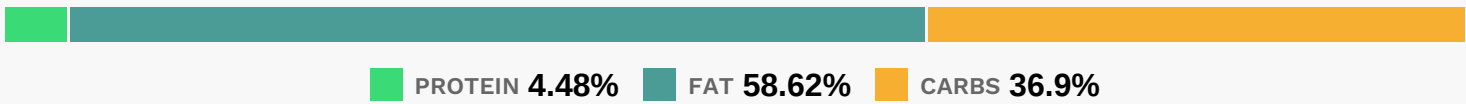
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Toss potatoes with 2 Tbsp. olive oil; place in a single layer in a jelly-roll pan.
- ☐ Bake 30 to 35 minutes or until golden.
- ☐ Meanwhile, whisk together vinegar and next 4 ingredients in a large bowl.
- ☐ Add shallot; gradually whisk in vegetable oil, crme frache, and remaining 3 Tbsp. olive oil, whisking until well blended.
- ☐ Remove potatoes from oven, and gently toss with vinegar mixture and chives. Season with kosher salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:27.84, Glycemic Load:14.65, Inflammation Score:-3, Nutrition Score:7.216521770086%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 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: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 219.55kcal (10.98%), Fat: 14.57g (22.41%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 17.98g (6.54%), Sugar: 1.27g (1.41%), Cholesterol: 1.77mg (0.59%), Sodium: 281.96mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Vitamin C: 23.32mg (28.26%), Vitamin K: 18.58µg (17.7%), Vitamin B6: 0.35mg (17.42%), Potassium: 497.83mg (14.22%), Vitamin E: 1.71mg (11.38%), Fiber: 2.66g (10.63%), Manganese: 0.2mg (9.94%), Phosphorus: 70.35mg (7.04%), Magnesium: 27.95mg (6.99%), Copper: 0.13mg (6.45%), Vitamin B1: 0.1mg (6.35%), Vitamin B3: 1.21mg (6.07%), Iron: 1.02mg (5.68%), Folate: 20.35µg (5.09%), Vitamin B5: 0.36mg (3.61%), Vitamin B2: 0.04mg (2.55%), Zinc: 0.36mg (2.42%), Calcium: 19.67mg (1.97%), Vitamin A: 54.55IU (1.09%), Selenium: 0.71µg (1.02%)