



## Red Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

### Ingredients

- 2 tablespoons dijon mustard
- 1 cup bell pepper green chopped ( 1 medium)
- 0.5 teaspoon ground pepper black
- 2 tablespoons mayonnaise
- 0.5 cup olive oil extra-virgin
- 0.5 cup onion red minced
- 12 cups potatoes red cubed
- 0.3 cup red wine vinegar

1.5 teaspoons salt

## Equipment

bowl

whisk

## Directions

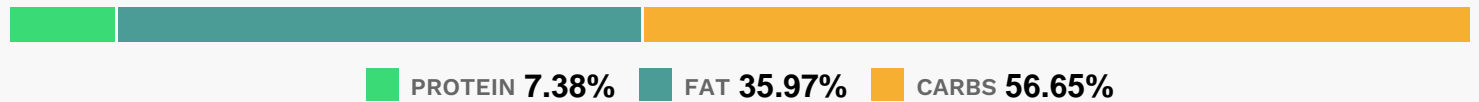
Cook potatoes, covered in boiling water, 10 minutes, or until tender; drain well and cool.

In a large bowl, combine potatoes, bell pepper and onion.

In a small bowl, whisk together remaining ingredients.

Pour over potato mixture, tossing gently to coat. Cover and refrigerate.

## Nutrition Facts



## Properties

Glycemic Index:18.88, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:7.1304347928128%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

## Nutrients (% of daily need)

Calories: 138.64kcal (6.93%), Fat: 5.65g (8.69%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 17.42g (6.33%), Sugar: 2.4g (2.66%), Cholesterol: 1.47mg (0.49%), Sodium: 521.59mg (22.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.21%), Vitamin C: 25.45mg (30.85%), Potassium: 571.06mg (16.32%), Vitamin B6: 0.25mg (12.41%), Vitamin K: 12.27µg (11.69%), Manganese: 0.23mg (11.59%), Fiber: 2.59g (10.37%), Copper: 0.17mg (8.67%), Phosphorus: 81.03mg (8.1%), Vitamin B1: 0.11mg (7.59%), Magnesium: 30.07mg (7.52%), Vitamin B3: 1.42mg (7.08%), Folate: 24.47µg (6.12%), Iron: 1.05mg (5.82%), Vitamin E: 0.6mg (4%), Vitamin B5: 0.36mg (3.64%), Zinc: 0.45mg (2.98%), Selenium: 1.98µg (2.82%), Vitamin B2: 0.05mg (2.71%), Calcium: 19.5mg (1.95%), Vitamin A: 82.61IU (1.65%)