



Red, White, and Blue Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons dijon mustard
- ☐ 10 ounces fingerling potatoes halved lengthwise
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 large hardboiled eggs finely chopped

- ☐ 2 tablespoons olive oil
- ☐ 10 ounces potatoes blue halved lengthwise
- ☐ 0.3 cup onion red finely chopped
- ☐ 10 ounces potatoes – remove skin red quartered
- ☐ 0.3 cup red wine vinegar
- ☐ 1.3 teaspoons salt

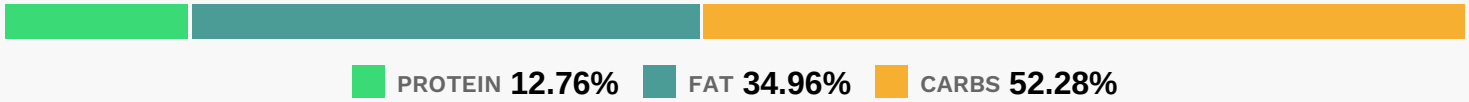
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place fingerling and red potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- ☐ Drain; cool slightly.
- ☐ Place potatoes in a large bowl.
- ☐ Place blue potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 10 minutes or until tender.
- ☐ Drain; cool slightly.
- ☐ Add blue potatoes, onion, parsley, dill, chives, and eggs to bowl; toss gently.
- ☐ Combine vinegar and remaining ingredients.
- ☐ Pour over potato mixture; toss gently to combine.
- ☐ Serve warm, at room temperature, or chilled.

Nutrition Facts



Properties

Glycemic Index:63.42, Glycemic Load:12.31, Inflammation Score:-4, Nutrition Score:10.976956616277%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 193.24kcal (9.66%), Fat: 7.56g (11.62%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 22.24g (8.09%), Sugar: 1.96g (2.18%), Cholesterol: 93.25mg (31.08%), Sodium: 550.06mg (23.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Vitamin C: 25.51mg (30.92%), Vitamin K: 29.31µg (27.92%), Vitamin B6: 0.41mg (20.36%), Potassium: 674.16mg (19.26%), Manganese: 0.27mg (13.68%), Phosphorus: 132.35mg (13.24%), Selenium: 8.91µg (12.72%), Fiber: 3.18g (12.71%), Vitamin B2: 0.18mg (10.53%), Folate: 38.7µg (9.68%), Magnesium: 37.83mg (9.46%), Vitamin B1: 0.14mg (9.29%), Copper: 0.18mg (9.02%), Iron: 1.61mg (8.97%), Vitamin B3: 1.6mg (8%), Vitamin B5: 0.79mg (7.87%), Vitamin E: 0.96mg (6.43%), Vitamin A: 276.7IU (5.53%), Zinc: 0.74mg (4.96%), Vitamin B12: 0.28µg (4.63%), Vitamin D: 0.55µg (3.67%), Calcium: 36.17mg (3.62%)