



Red, White and Blue Vegan Potato Salad (Mayo-Free)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 2 teaspoons capers drained
- ☐ 0.3 cup celery diced
- ☐ 2 teaspoons dijon mustard
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 0.3 cup green onions chopped

- ☐ 0.7 cup california olives ripe halved
- ☐ 0.3 pound purple potatoes diced
- ☐ 0.5 pound potatoes diced red
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound yukon gold potatoes diced

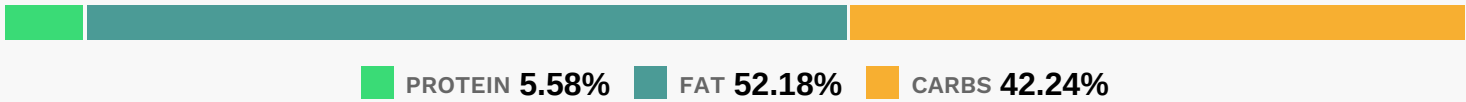
Equipment

- ☐ whisk
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ In large pot, boil water and potatoes. Cook until tender, drain and cool to room temperature.
- ☐ Combine potatoes, olives, green onions and celery in a large mixing bowl and set aside.In medium bowl, whisk together red wine vinegar, mustard and capers.Gradually whisk in olive oil, then season with salt, pepper and parsley.
- ☐ Pour dressing over potato mixture and toss until evenly coated.

Nutrition Facts



Properties

Glycemic Index:81.88, Glycemic Load:11.07, Inflammation Score:-6, Nutrition Score:11.601304240849%

Flavonoids

Apigenin: 4.56mg, Apigenin: 4.56mg, Apigenin: 4.56mg, Apigenin: 4.56mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 237.72kcal (11.89%), Fat: 14.24g (21.91%), Saturated Fat: 1.97g (12.28%), Carbohydrates: 25.93g (8.64%), Net Carbohydrates: 21.79g (7.92%), Sugar: 1.88g (2.09%), Cholesterol: 0mg (0%), Sodium: 721.89mg (31.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.85%), Vitamin K: 62.74µg (59.75%), Vitamin C: 26.19mg (31.75%), Potassium: 687.56mg (19.64%), Vitamin B6: 0.37mg (18.47%), Vitamin E: 2.48mg (16.57%), Fiber: 4.14g (16.56%), Manganese: 0.25mg (12.61%), Copper: 0.21mg (10.71%), Magnesium: 39.83mg (9.96%), Phosphorus: 93.37mg (9.34%), Folate: 36.3µg (9.08%), Iron: 1.59mg (8.83%), Vitamin B1: 0.13mg (8.78%), Vitamin B3: 1.72mg (8.59%), Vitamin A: 386.74IU (7.73%), Vitamin B5: 0.46mg (4.58%), Calcium: 42.3mg (4.23%), Vitamin B2: 0.06mg (3.7%), Zinc: 0.53mg (3.53%), Selenium: 1.69µg (2.42%)