



Ripe Olive Potato Salad



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 1.7 cups olives black
- ☐ 1 cup celery chopped
- ☐ 0.8 teaspoon dill weed dried
- ☐ 0.3 teaspoon garlic salt
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon honey
- ☐ 2 teaspoons mustard prepared

- ☐ 1 cup yogurt plain
- ☐ 3 pounds potatoes
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons vegetable oil
- ☐ 1.5 tablespoons citrus champagne vinegar

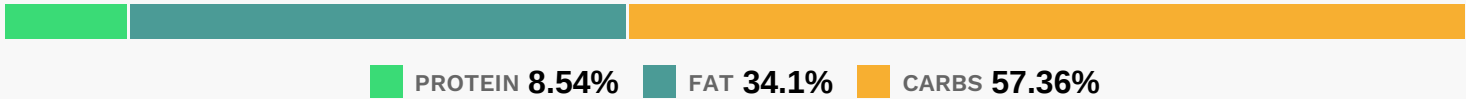
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add potatoes; cook until tender but still firm, about 15 minutes.
- ☐ Drain and transfer to a large bowl; cool, peel and dice.
- ☐ Add olives, celery and onions to potatoes and gently mix.
- ☐ Whisk together the vinegar, oil, salt, dill weed and pepper.
- ☐ Pour over potatoes and mix gently to coat. Refrigerate.
- ☐ Whisk together yogurt, mustard, honey and garlic salt.
- ☐ Pour over potato mixture and stir gently but thoroughly. Chill and serve.

Nutrition Facts



Properties

Glycemic Index:28.3, Glycemic Load:18.02, Inflammation Score:-4, Nutrition Score:9.4478259669698%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg

Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 182.36kcal (9.12%), Fat: 7.14g (10.99%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 22.98g (8.36%), Sugar: 3.13g (3.47%), Cholesterol: 3.18mg (1.06%), Sodium: 797.38mg (34.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.05%), Vitamin C: 27.93mg (33.85%), Vitamin B6: 0.43mg (21.4%), Potassium: 661.74mg (18.91%), Vitamin K: 17.91µg (17.05%), Fiber: 4.05g (16.21%), Manganese: 0.24mg (12.05%), Phosphorus: 107.17mg (10.72%), Magnesium: 39.51mg (9.88%), Copper: 0.19mg (9.25%), Vitamin B1: 0.13mg (8.46%), Vitamin B3: 1.56mg (7.82%), Vitamin E: 1.16mg (7.72%), Folate: 30.02µg (7.51%), Iron: 1.33mg (7.38%), Calcium: 66.73mg (6.67%), Vitamin B5: 0.53mg (5.35%), Vitamin B2: 0.09mg (5.27%), Vitamin A: 199.35IU (3.99%), Zinc: 0.59mg (3.91%), Selenium: 1.56µg (2.23%), Vitamin B12: 0.09µg (1.51%)