



Roasted Potato Salad with Dijon-Herb Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 1.5 tablespoons dijon mustard
- 2 tablespoons chives fresh chopped
- 2 tablespoons parsley fresh chopped
- 1 garlic clove minced
- 2 tablespoons olive oil
- 2 pounds potatoes red quartered

- 0.5 teaspoon salt
- 3 tablespoons citrus champagne vinegar

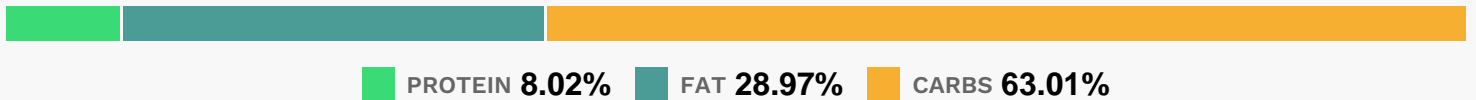
Equipment

- oven
- whisk
- roasting pan

Directions

- Preheat oven to 40
- Combine first 4 ingredients in a jelly roll pan or shallow roasting pan coated with cooking spray; toss to coat.
- Bake at 400 for 50 minutes or until tender, stirring after 25 minutes.
- Combine the chopped parsley and remaining ingredients, stirring with a whisk.
- Drizzle the parsley mixture over potatoes, tossing gently to combine.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:8.4300001082213%

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: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 152.54kcal (7.63%), Fat: 5.03g (7.74%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 24.61g (8.2%), Net Carbohydrates: 21.77g (7.92%), Sugar: 2.04g (2.27%), Cholesterol: 0mg (0%), Sodium: 263.83mg (11.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.27%), Vitamin K: 31.39µg (29.9%), Potassium: 710.04mg (20.29%), Vitamin C: 15.57mg (18.87%), Vitamin B6: 0.27mg (13.43%), Manganese: 0.26mg (12.88%), Fiber: 2.83g

(11.33%), Copper: 0.21mg (10.62%), Phosphorus: 99.13mg (9.91%), Magnesium: 36.72mg (9.18%), Vitamin B3: 1.79mg (8.93%), Vitamin B1: 0.13mg (8.84%), Folate: 30.58µg (7.65%), Iron: 1.34mg (7.45%), Vitamin E: 0.71mg (4.76%), Vitamin B5: 0.45mg (4.46%), Zinc: 0.55mg (3.68%), Vitamin A: 169.6IU (3.39%), Vitamin B2: 0.05mg (3.09%), Selenium: 2.12µg (3.02%), Calcium: 22.13mg (2.21%)