



Roasted Red Pepper Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



98 kcal

SIDE DISH

Ingredients

- 3 lb potatoes - remove skin red (24)
- 0.8 cup salad dressing
- 0.3 cup salad dressing italian
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.5 cup spring onion sliced
- 1 clove garlic finely chopped
- 7 oz roasted peppers red drained chopped

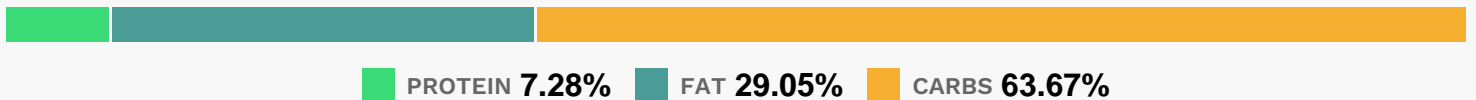
Equipment

- bowl
- frying pan
- sauce pan
- dutch oven

Directions

- Place potatoes in 4-quart saucepan or Dutch oven.
- Add enough cold water to cover 1 inch over potatoes.
- Heat to boiling. Reduce heat to medium; simmer uncovered 15 to 20 minutes or until potatoes are fork-tender.
- Drain potatoes; rinse with cold water.
- Place in single layer in 15x10x1-inch pan; refrigerate until cooled, about 30 minutes.
- Cut cooled potatoes into eighths (bite-size wedges).
- In large serving bowl, mix remaining ingredients. Gently fold in potatoes.
- Serve immediately, or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:5.2539129930994%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 98.37kcal (4.92%), Fat: 3.26g (5.02%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 16.09g (5.37%), Net Carbohydrates: 14.41g (5.24%), Sugar: 2.76g (3.06%), Cholesterol: 0mg (0%), Sodium: 404.16mg (17.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin C: 13.79mg (16.71%), Vitamin K: 17.21µg (16.39%),

Potassium: 427.22mg (12.21%), Vitamin B6: 0.18mg (9.02%), Manganese: 0.16mg (7.83%), Copper: 0.14mg (6.83%), Fiber: 1.69g (6.75%), Phosphorus: 58.06mg (5.81%), Vitamin B3: 1.08mg (5.41%), Magnesium: 21.54mg (5.38%), Vitamin B1: 0.08mg (5.14%), Folate: 19.3µg (4.83%), Iron: 0.81mg (4.51%), Vitamin B5: 0.25mg (2.46%), Vitamin E: 0.35mg (2.32%), Zinc: 0.33mg (2.19%), Vitamin A: 107.08IU (2.14%), Vitamin B2: 0.03mg (1.93%), Calcium: 18.27mg (1.83%), Selenium: 0.8µg (1.15%)