



Russian Salad

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



45

CALORIES



35 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 tsp pepper black
- 2 carrots cooked peeled sliced
- 1 tsp heinz distilled vinegar white
- 0.3 cup parsley fresh finely chopped
- 0.5 cup real mayo mayonnaise kraft
- 1 cup peas frozen thawed
- 4 potatoes boiled cubed peeled
- 0.5 tsp salt

Equipment

bowl

Directions

- Mix first 5 ingredients until well blended.
- Combine remaining ingredients in large bowl.
- Add mayo mixture; mix lightly.
- Refrigerate 30 min.

Nutrition Facts



PROTEIN 6.88% **FAT 47.71%** **CARBS 45.41%**

Properties

Glycemic Index:7.53, Glycemic Load:2.64, Inflammation Score:-4, Nutrition Score:2.3052173976827%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 35.38kcal (1.77%), Fat: 1.9g (2.92%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 3.38g (1.23%), Sugar: 0.48g (0.53%), Cholesterol: 1.05mg (0.35%), Sodium: 45mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.23%), Vitamin K: 11.05µg (10.52%), Vitamin A: 507.67IU (10.15%), Vitamin C: 5.62mg (6.81%), Vitamin B6: 0.07mg (3.28%), Potassium: 98.67mg (2.82%), Fiber: 0.69g (2.75%), Manganese: 0.05mg (2.38%), Vitamin B1: 0.03mg (1.74%), Phosphorus: 15.95mg (1.6%), Folate: 6.27µg (1.57%), Magnesium: 5.95mg (1.49%), Vitamin B3: 0.3mg (1.49%), Copper: 0.03mg (1.42%), Iron: 0.23mg (1.28%)