



Sara's Special Red Potato Salad



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup carrots shredded
- ☐ 0.5 cup celery chopped
- ☐ 0.3 cup bean sprouts fresh
- ☐ 1 dash garlic salt
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 juice of lemon juiced
- ☐ 0.1 cup onion red minced
- ☐ 4 cups potatoes diced red peeled

- ☐ 6 servings salt and pepper to taste
- ☐ 0.8 cup vanilla yogurt

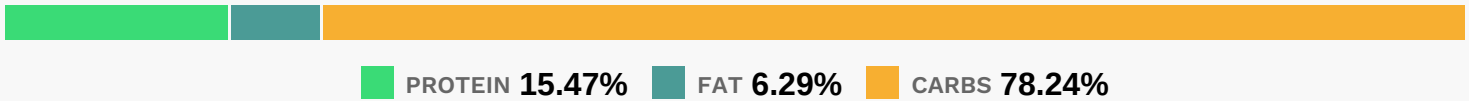
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add potatoes and cook for 15 minutes or until tender but firm.
- ☐ Drain the potatoes and transfer to a large bowl.
- ☐ In a large mixing bowl, toss together the vanilla yogurt, green onions, lemon, celery, carrots, bean sprouts, red onion, salt, pepper and garlic salt.
- ☐ Pour the mixture over the potatoes.
- ☐ Mix gently, thoroughly coating but not mashing the potatoes. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:22.97, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:6.6473913270494%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 71.1kcal (3.55%), Fat: 0.52g (0.8%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 14.5g (4.83%), Net Carbohydrates: 12.96g (4.71%), Sugar: 5.97g (6.63%), Cholesterol: 1.53mg (0.51%), Sodium: 244.64mg (10.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Vitamin A: 1879.1IU (37.58%), Vitamin K: 15.42µg (14.69%), Potassium: 376.03mg (10.74%), Vitamin C: 8mg (9.7%), Phosphorus: 82.65mg (8.26%), Calcium: 68.86mg (6.89%), Vitamin B6: 0.13mg (6.56%), Fiber: 1.53g (6.14%), Folate: 23.87µg (5.97%), Manganese: 0.12mg (5.78%), Vitamin B2: 0.1mg (5.77%), Magnesium: 20.34mg (5.08%), Vitamin B1: 0.07mg (4.68%), Copper: 0.09mg (4.56%), Vitamin B3: 0.8mg (4%), Vitamin B5: 0.39mg (3.85%), Zinc: 0.5mg (3.31%), Iron: 0.55mg (3.04%), Vitamin B12: 0.16µg (2.71%), Selenium: 1.87µg (2.67%)