



Schwabischer Kartoffelsalat (German Potato Salad - Schwabisch Style)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

Ingredients

- 8 servings salt and ground pepper black to taste
- 0.5 small onion diced
- 2 pounds potatoes unpeeled
- 2 tablespoons vegetable oil
- 1 cup vegetable stock
- 3 tablespoons vinegar to taste
- 0.5 teaspoon mustard yellow prepared

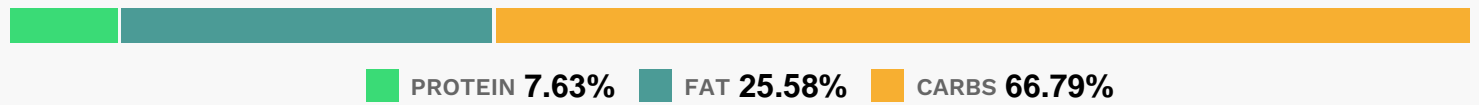
Equipment

- bowl
- sauce pan
- pot

Directions

- Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- Drain; allow potatoes to cool slightly. Peel and slice potatoes.
- Mix potatoes and onions in a bowl; stir in mustard, salt, and black pepper.
- Bring vegetable stock to a boil in a small saucepan, pour over potato mixture and stir to combine. Stir in vinegar and let rest for 10 minutes. Stir in vegetable oil and season with salt and black pepper if desired.

Nutrition Facts



Properties

Glycemic Index:33.72, Glycemic Load:14.78, Inflammation Score:-3, Nutrition Score:6.1743478256723%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 122.11kcal (6.11%), Fat: 3.52g (5.42%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 18.07g (6.57%), Sugar: 1.33g (1.47%), Cholesterol: 0mg (0%), Sodium: 128.06mg (5.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin C: 22.66mg (27.47%), Vitamin B6: 0.34mg (17.01%), Potassium: 485.71mg (13.88%), Fiber: 2.61g (10.43%), Manganese: 0.2mg (9.82%), Vitamin K: 8.59µg (8.18%), Magnesium: 26.9mg (6.73%), Phosphorus: 66.64mg (6.66%), Copper: 0.13mg (6.3%), Vitamin B1: 0.09mg (6.23%), Vitamin B3: 1.2mg (6.02%), Iron: 0.91mg (5.06%), Folate: 19.01µg (4.75%), Vitamin B5: 0.34mg (3.43%), Zinc: 0.34mg (2.27%), Vitamin B2: 0.04mg (2.23%), Vitamin E: 0.29mg (1.95%), Calcium: 15.61mg (1.56%), Vitamin A: 65.69IU (1.31%)