



Seed-spiced Potato Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 0.8 pound carrots
- ☐ 1 cloves garlic minced
- ☐ 1 teaspoon cumin seed
- ☐ 0.3 cup parsley chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup nonfat yogurt plain
- ☐ 1.5 pounds thin-skinned potatoes
- ☐ 2 teaspoons salad oil

- ☐ 5 servings salt
- ☐ 1 teaspoon mustard seed black yellow

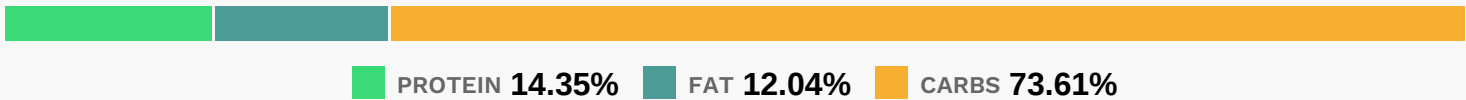
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Peel potatoes and carrots and cut into 3/4-inch chunks.
- ☐ Place vegetables on a rack at least 1 inch above boiling water in a 5- to 6-quart pan. Cover and steam over medium heat until vegetables are tender when pierced, 8 to 10 minutes.
- ☐ Let stand until cool, or to cool quickly, immerse vegetables in cold water. When vegetables are cold, drain well.
- ☐ Meanwhile, pour oil into a 6- to 8-inch frying pan over high heat. When oil is hot, stir in mustard and cumin seeds. Cover pan, remove from heat, and shake (holding lid on) until popping subsides, about 40 seconds.
- ☐ Add garlic and pepper.
- ☐ In a wide bowl, combine seed mixture, yogurt, drained vegetables, and parsley; mix gently.
- ☐ Add salt to taste.
- ☐ Serve salad, or cover and chill up to 6 hours.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:2.26, Inflammation Score:-10, Nutrition Score:18.151304265727%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 171.51kcal (8.58%), Fat: 2.38g (3.66%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 32.72g (10.91%), Net Carbohydrates: 28.25g (10.27%), Sugar: 8.83g (9.81%), Cholesterol: 0.98mg (0.33%), Sodium: 305.51mg (13.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Vitamin A: 11638.11IU (232.76%), Vitamin K: 63.59µg (60.57%), Potassium: 993.8mg (28.39%), Vitamin C: 20.41mg (24.74%), Phosphorus: 193.53mg (19.35%), Vitamin B6: 0.37mg (18.29%), Fiber: 4.47g (17.88%), Manganese: 0.35mg (17.39%), Calcium: 144.68mg (14.47%), Magnesium: 52.92mg (13.23%), Vitamin B1: 0.19mg (12.66%), Folate: 48.91µg (12.23%), Vitamin B2: 0.2mg (11.94%), Vitamin B3: 2.38mg (11.92%), Copper: 0.24mg (11.77%), Iron: 1.77mg (9.83%), Vitamin B5: 0.9mg (9.01%), Zinc: 1.18mg (7.89%), Selenium: 3.88µg (5.54%), Vitamin E: 0.81mg (5.4%), Vitamin B12: 0.3µg (4.98%)