



Simple Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 pounds fingerling potatoes halved quartered
- ☐ 2 teaspoons flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 teaspoons kosher salt divided
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon red wine vinegar

☐ 1 tablespoon grain mustard whole

Equipment

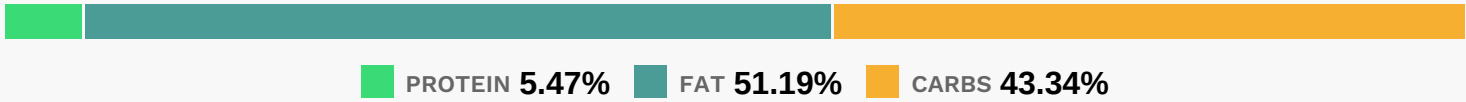
☐ bowl

☐ dutch oven

Directions

- ☐ Bring potatoes, 1 tsp. salt, and water to cover to a boil in a Dutch oven over medium-high heat. Reduce heat to medium-low, and cook, covered, 10 to 12 minutes or until potatoes are tender; drain.
- ☐ Place in a bowl; cool 15 minutes.
- ☐ Meanwhile, stir together mayonnaise, next 6 ingredients, and remaining 1 tsp. salt in a small bowl.
- ☐ Pour desired amount of dressing over potatoes; toss to coat. (Reserve any remaining dressing for another use.)
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:48.63, Glycemic Load:19.49, Inflammation Score:-3, Nutrition Score:9.5656522305115%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 247.08kcal (12.35%), Fat: 14.2g (21.85%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 23.52g (8.55%), Sugar: 1.33g (1.48%), Cholesterol: 7.84mg (2.61%), Sodium: 930.65mg (40.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Vitamin C: 30.04mg (36.41%), Vitamin K: 34.47µg (32.83%), Vitamin B6: 0.46mg (22.87%), Potassium: 652.62mg (18.65%), Manganese: 0.3mg (14.9%), Fiber: 3.54g (14.16%), Phosphorus: 94.44mg (9.44%), Magnesium: 37.06mg (9.26%), Copper: 0.18mg (8.78%),

Vitamin B1: 0.13mg (8.6%), Vitamin B3: 1.62mg (8.1%), Iron: 1.32mg (7.35%), Folate: 25.47µg (6.37%), Vitamin B5: 0.49mg (4.95%), Vitamin E: 0.65mg (4.35%), Zinc: 0.5mg (3.31%), Vitamin B2: 0.06mg (3.24%), Selenium: 1.83µg (2.61%), Calcium: 24.33mg (2.43%)