



Spanish Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



597 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup flatleaf parsley coarsely chopped
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon honey
- ☐ 1 cup mayonnaise
- ☐ 2 pounds new potatoes
- ☐ 0.5 cup onion diced spanish finely
- ☐ 0.3 cup red wine vinegar

- ☐ 1 pinch saffron threads
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 large tomatoes coarsely chopped

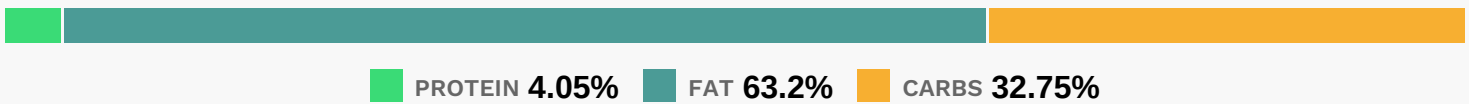
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Combine the vinegar, honey and saffron in a small pot. Bring to a boil over high heat; immediately remove from the heat and let sit until cool to room temperature.
- ☐ Combine the mayonnaise and garlic with the saffron mixture in a medium mixing bowl and season to taste with salt and pepper.
- ☐ Cook the potatoes in a large pot of boiling, salted water until tender.
- ☐ Drain and slice 1/2-inch thick.
- ☐ Place in a large serving bowl and immediately fold in the mayonnaise mixture, tomatoes, onion, thyme and parsley. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:107.01, Glycemic Load:32.61, Inflammation Score:-10, Nutrition Score:20.272173669027%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 596.56kcal (29.83%), Fat: 42.27g (65.04%), Saturated Fat: 6.65g (41.55%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 42.98g (15.63%), Sugar: 8.49g (9.44%), Cholesterol: 23.52mg (7.84%), Sodium: 570.09mg (24.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.2%), Vitamin K: 160.8µg (153.14%), Vitamin C: 60.92mg (73.84%), Vitamin B6: 0.77mg (38.48%), Potassium: 1151.31mg (32.89%), Manganese: 0.51mg (25.66%), Fiber: 6.3g (25.19%), Phosphorus: 166.28mg (16.63%), Magnesium: 65.64mg (16.41%), Vitamin A: 819.64IU (16.39%), Copper: 0.32mg (15.75%), Iron: 2.72mg (15.09%), Vitamin B1: 0.22mg (14.74%), Vitamin E: 2.14mg (14.26%), Folate: 56.38µg (14.09%), Vitamin B3: 2.79mg (13.93%), Vitamin B5: 0.87mg (8.7%), Vitamin B2: 0.11mg (6.67%), Zinc: 0.96mg (6.43%), Calcium: 58.07mg (5.81%), Selenium: 2.4µg (3.43%), Vitamin B12: 0.07µg (1.12%)