



Spring Garden Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

Ingredients

- 1 bay leaf
- 8 servings pepper black freshly ground
- 4 peppercorns black
- 5 medium carrots peeled sliced into 1/8-inch-thick rounds
- 1 cup cherry tomatoes halved
- 0.5 cucumber english sliced into 1/8-inch-thick rounds
- 1 sprig thyme leaves fresh
- 2 cloves garlic peeled

- 3 cloves garlic smashed
- 0.5 cup lightly herbs mixed fresh such as flat-leaf parsley, dill, or tarragon packed chopped
- 2 tablespoons kosher salt plus additional for seasoning
- 2.5 teaspoons kosher salt
- 6 lemon wedges
- 0.5 cup mayonnaise
- 1 bunch radishes sliced into 1/8-inch-thick rounds (8)
- 2 pounds red-skinned waxy potatoes sliced into 1/8-inch-thick rounds
- 3 scallions white green thinly sliced (and parts)
- 0.7 cup vermouth dry white
- 8 cups water
- 2.5 tablespoons citrus champagne vinegar

Equipment

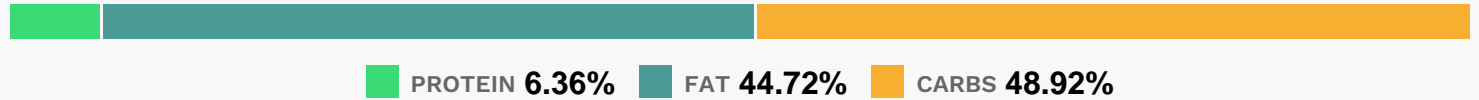
- bowl
- sauce pan
- knife
- whisk
- colander

Directions

- For the dressing: Smash the garlic cloves, sprinkle with the salt, and, with the flat side of a large knife, mash and smear the mixture to a coarse paste. Put in a bowl and whisk with the mayonnaise, vinegar, and black pepper to taste.
- Put the water, vermouth, garlic, salt, thyme, bay leaf, peppercorns, and potatoes in a large saucepan and bring to a boil.
- Add the carrots, lower the heat, and cook until the vegetables are tender but not mushy, about 5 minutes. Stir in the radishes, then immediately drain all the vegetables in a colander in the sink.

- Remove and discard the garlic, thyme, bay leaf, and peppercorns. Cool slightly and toss the vegetables with the dressing. Cover and refrigerate about 30 minutes. (The salad can be prepared up to this point a day ahead.)
- About 10 minutes before serving, toss the cucumber, tomatoes, and scallions in a small bowl with salt and black pepper to taste. When ready to serve, fold the cucumber mixture and herbs into the potato salad.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:48.42, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:17.941739163969%

Flavonoids

Pelargonidin: 3.95mg, Pelargonidin: 3.95mg, Pelargonidin: 3.95mg, Pelargonidin: 3.95mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 224.31kcal (11.22%), Fat: 10.87g (16.72%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 26.75g (8.92%), Net Carbohydrates: 22.71g (8.26%), Sugar: 4.74g (5.26%), Cholesterol: 5.88mg (1.96%), Sodium: 2626.96mg (114.22%), Alcohol: 1.9g (100%), Alcohol %: 0.48% (100%), Protein: 3.47g (6.95%), Vitamin A: 6868.84IU (137.38%), Vitamin K: 105.91µg (100.87%), Vitamin C: 31.5mg (38.18%), Potassium: 787.99mg (22.51%), Manganese: 0.33mg (16.68%), Fiber: 4.04g (16.15%), Vitamin B6: 0.31mg (15.72%), Copper: 0.26mg (12.97%), Folate: 43.88µg (10.97%), Phosphorus: 106.05mg (10.6%), Magnesium: 41.81mg (10.45%), Vitamin B1: 0.15mg (9.73%), Vitamin B3: 1.91mg (9.57%), Iron: 1.67mg (9.27%), Vitamin E: 0.91mg (6.06%), Vitamin B5: 0.59mg (5.85%), Calcium: 57.15mg (5.72%), Vitamin B2: 0.09mg (5.04%), Zinc: 0.69mg (4.61%), Selenium: 1.48µg (2.11%)