



Summer Vinaigrette Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



200 min.

SERVINGS



16

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 5 cups water
- ☐ 2 teaspoons salt
- ☐ 2.5 lb yukon gold potatoes unpeeled cut into 3/4-inch pieces (8 cups)
- ☐ 1.5 cups cucumber chopped (1 medium)
- ☐ 1 cup bell pepper yellow chopped (1 medium)
- ☐ 0.5 cup celery thinly sliced (1 medium stalk)
- ☐ 0.3 cup spring onion chopped (4 medium)
- ☐ 0.5 cup vegetable oil

- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 1.5 teaspoons salt

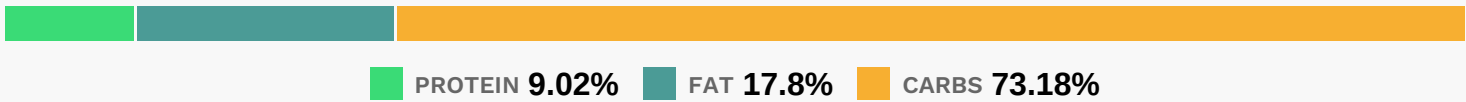
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 4-quart saucepan, heat water and 2 teaspoons salt to boiling.
- ☐ Add potatoes; return to boiling. Cook uncovered 5 to 8 minutes or just until tender.
- ☐ Meanwhile, in large bowl, mix dressing ingredients; set aside.
- ☐ Drain potatoes.
- ☐ Add potatoes and remaining salad ingredients to dressing; toss to coat. Cover; refrigerate 3 hours to blend flavors.

Nutrition Facts



Properties

Glycemic Index:19.36, Glycemic Load:9.15, Inflammation Score:-5, Nutrition Score:6.2004347326963%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 72.93kcal (3.65%), Fat: 1.49g (2.3%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 11.92g (4.34%), Sugar: 0.9g (1.01%), Cholesterol: 0mg (0%), Sodium: 520.21mg (22.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.41%), Vitamin C: 34.45mg (41.76%), Vitamin K: 18.67µg (17.78%), Vitamin B6: 0.24mg (11.9%), Potassium: 357.03mg (10.2%), Fiber: 1.89g (7.56%), Manganese: 0.15mg (7.27%), Copper: 0.11mg (5.71%), Magnesium: 21.45mg (5.36%), Folate: 19.53µg (4.88%), Phosphorus: 47.66mg (4.77%), Vitamin B1: 0.07mg (4.42%), Vitamin B3: 0.87mg (4.35%), Iron: 0.75mg (4.15%), Vitamin B5: 0.27mg (2.73%), Vitamin A: 132.78IU (2.66%), Vitamin B2: 0.03mg (1.98%), Calcium: 18.79mg (1.88%), Zinc: 0.28mg (1.84%), Vitamin E: 0.15mg (1.01%)