



## Tarragon Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



151 kcal

SIDE DISH

### Ingredients

- 0.3 cup tarragon vinegar
- 0.3 cup vegetable oil
- 1 tablespoon tarragon dried fresh chopped
- 1 teaspoon sugar
- 0.5 teaspoon salt
- 0.5 teaspoon ground mustard
- 0.3 teaspoon pepper
- 1 clove garlic finely chopped

- 0.8 pound green beans
- 1.5 pounds baby potatoes cut into fourths
- 0.3 cup water
- 0.3 cup onion red chopped
- 0.5 cup bell pepper yellow coarsely chopped

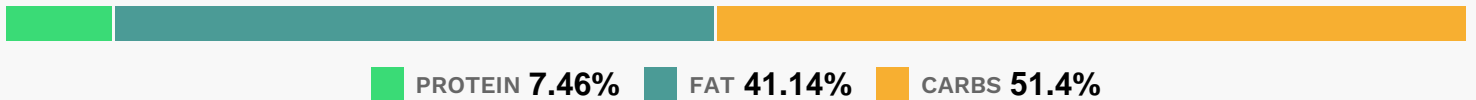
## Equipment

- bowl
- microwave

## Directions

- In tightly covered container, shake all Tarragon Dressing ingredients.
- Cut beans in half if desired. In 2-quart microwavable casserole, place beans, potatoes and water. Cover and microwave on High 10 to 12 minutes, rotating casserole 1/2 turn every 4 minutes, until potatoes are tender; drain.
- In large glass or plastic bowl, toss beans, potatoes and dressing.
- Add onion and bell pepper; toss. Cover and refrigerate 1 to 2 hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:51.11, Glycemic Load:12.47, Inflammation Score:-5, Nutrition Score:9.7878260249677%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

## Nutrients (% of daily need)

Calories: 151.18kcal (7.56%), Fat: 7.12g (10.96%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 20.02g (6.67%), Net Carbohydrates: 16.73g (6.08%), Sugar: 2.78g (3.09%), Cholesterol: 0mg (0%), Sodium: 154.61mg (6.72%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.81%), Vitamin C: 39.96mg (48.44%), Vitamin K: 32.56µg (31.01%), Vitamin B6: 0.36mg (17.95%), Manganese: 0.33mg (16.63%), Potassium: 504.76mg (14.42%), Fiber: 3.29g (13.17%), Magnesium: 35.69mg (8.92%), Folate: 33.63µg (8.41%), Iron: 1.47mg (8.15%), Vitamin B1: 0.11mg (7.46%), Phosphorus: 73.19mg (7.32%), Copper: 0.14mg (7.19%), Vitamin A: 351.01IU (7.02%), Vitamin B3: 1.38mg (6.92%), Vitamin B2: 0.09mg (5.16%), Vitamin E: 0.75mg (4.99%), Calcium: 40.32mg (4.03%), Vitamin B5: 0.37mg (3.73%), Zinc: 0.42mg (2.81%), Selenium: 0.97µg (1.39%)