



Tuscan Vegetable Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

Ingredients

- 0.5 lb carrots diagonally sliced
- 0.5 lb green beans cut into 2-inch pieces
- 1 cup lite house dressing italian kraft
- 6 cups new potatoes quartered
- 1 small onion red cut into wedges
- 0.3 cup water

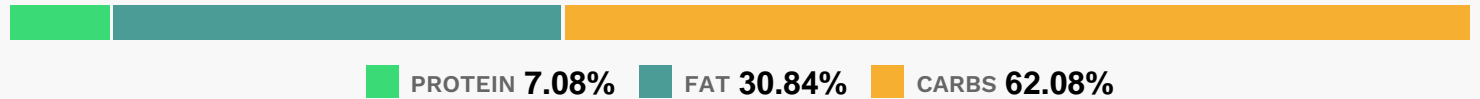
Equipment

- microwave

Directions

- Place potatoes and water in 3–quart microwavable casserole; cover. Microwave on HIGH 10 minutes.
- Add remaining vegetables. Microwave 10 to 12 minutes or until vegetables are tender.
- Drain.
- Toss vegetables and dressing. Refrigerate several hours or overnight.

Nutrition Facts



Properties

Glycemic Index:25.45, Glycemic Load:16.13, Inflammation Score:-10, Nutrition Score:14.233478286992%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 183.04kcal (9.15%), Fat: 6.44g (9.91%), Saturated Fat: 0.92g (5.78%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 24.92g (9.06%), Sugar: 6.9g (7.67%), Cholesterol: 0mg (0%), Sodium: 320.63mg (13.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Vitamin A: 4944.78IU (98.9%), Vitamin C: 28.43mg (34.46%), Vitamin K: 34.57µg (32.93%), Vitamin B6: 0.45mg (22.31%), Potassium: 668.91mg (19.11%), Fiber: 4.27g (17.07%), Manganese: 0.3mg (15.04%), Magnesium: 39.28mg (9.82%), Vitamin B1: 0.14mg (9.61%), Phosphorus: 93.21mg (9.32%), Folate: 35.35µg (8.84%), Vitamin B3: 1.73mg (8.63%), Copper: 0.17mg (8.3%), Iron: 1.36mg (7.55%), Vitamin E: 0.96mg (6.4%), Vitamin B2: 0.09mg (5.04%), Vitamin B5: 0.49mg (4.91%), Calcium: 40.55mg (4.05%), Zinc: 0.51mg (3.38%), Selenium: 1.19µg (1.7%)