



HEALTH SCORE

61%

Veggie Potato Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



150 min.

SERVINGS



2

CALORIES



697 kcal

SIDE DISH

Ingredients



2 tablespoons apple cider vinegar



2.5 pounds baby potatoes red cut into 1-inch cubes



0.5 cup buttermilk whole



2 carrots grated



0.5 cup celery chopped



1 tablespoon dijon mustard



0.5 cup green beans fresh steamed cut



0.3 cup parsley fresh finely chopped

- ☐ 1 garlic clove minced
- ☐ 1 tablespoon lemon zest
- ☐ 0.3 cup mayonnaise with olive oil reduced-fat
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup radishes sliced
- ☐ 2 servings salt and pepper freshly ground to taste

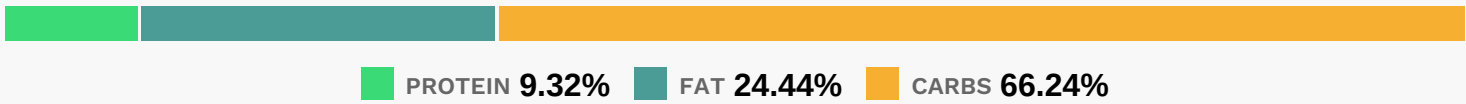
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring potatoes and salted water to cover to a boil in a large saucepan; reduce heat, and simmer 7 to 10 minutes or until tender.
- ☐ Drain.
- ☐ Place potatoes in a large bowl; sprinkle with vinegar and oil, and toss gently. Cool completely (about 1 hour).
- ☐ Whisk together buttermilk and next 3 ingredients. Stir in carrots and next 6 ingredients; season with salt and pepper to taste. Spoon buttermilk mixture over potato mixture; toss gently to coat. Cover and chill 1 to 24 hours before serving.
- ☐ Note: We tested with Kraft Reduced-Fat Mayonnaise with Olive Oil.

Nutrition Facts



Properties

Glycemic Index:202.79, Glycemic Load:76.46, Inflammation Score:-10, Nutrition Score:43.769130478735%

Flavonoids

Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Apigenin: 16.89mg, Apigenin: 16.89mg, Apigenin: 16.89mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 697.18kcal (34.86%), Fat: 19.37g (29.8%), Saturated Fat: 5.2g (32.51%), Carbohydrates: 118.09g (39.36%), Net Carbohydrates: 101.38g (36.87%), Sugar: 13.45g (14.94%), Cholesterol: 21.14mg (7.05%), Sodium: 709.51mg (30.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.23%), Vitamin A: 11358.81IU (227.18%), Vitamin K: 181.14µg (172.51%), Vitamin C: 138.33mg (167.67%), Vitamin B6: 1.9mg (94.92%), Potassium: 2998.78mg (85.68%), Fiber: 16.71g (66.85%), Manganese: 1.17mg (58.54%), Phosphorus: 458.76mg (45.88%), Magnesium: 168.65mg (42.16%), Vitamin B1: 0.59mg (39.5%), Folate: 147.37µg (36.84%), Copper: 0.73mg (36.62%), Vitamin B3: 7.17mg (35.86%), Iron: 5.82mg (32.33%), Vitamin B2: 0.43mg (25.01%), Calcium: 249.96mg (25%), Vitamin B5: 2.33mg (23.32%), Zinc: 2.52mg (16.81%), Vitamin E: 2.48mg (16.54%), Selenium: 8.85µg (12.64%), Vitamin B12: 0.4µg (6.61%), Vitamin D: 0.84µg (5.58%)