



Veronica's Potato Salad

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



352 kcal

SIDE DISH

Ingredients

- 2 tablespoons basil leaves fresh chopped
- 1 pound hot dogs
- 0.3 cup olive oil
- 0.3 cup parsley leaves fresh italian chopped
- 3 medium russet potatoes ()
- 6 servings salt and pepper black freshly ground

Equipment

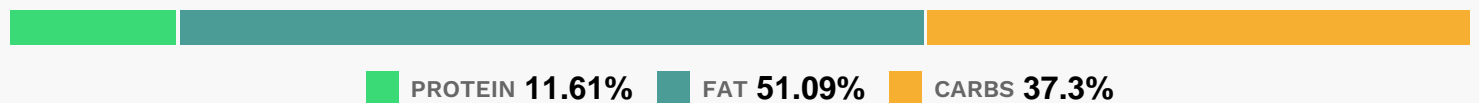
- bowl

grill pan

Directions

- Watch how to make this recipe.
- Boil the potatoes whole until tender, about 10 minutes.
- Drain and cool to room temperature. Peel and cut potatoes into bite-size pieces, discarding potato skins.
- Put the hot dogs into a hot grill pan and cook until golden brown, about 10 minutes. Cool the hot dogs to room temperature, then cut them crosswise into bite-size pieces.
- Toss the potatoes, parsley, basil, and olive oil in a large bowl. Season the potato salad with salt and pepper, to taste.
- Add the hot dogs to the salad and toss. Season to taste, adding additional olive oil if the salad seems too dry.
- Serve the salad at room temperature.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:19.07, Inflammation Score:-4, Nutrition Score:13.204347890356%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 351.73kcal (17.59%), Fat: 20.33g (31.28%), Saturated Fat: 5.22g (32.6%), Carbohydrates: 33.39g (11.13%), Net Carbohydrates: 31.89g (11.6%), Sugar: 0.68g (0.76%), Cholesterol: 34.02mg (11.34%), Sodium: 524.05mg (22.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.4g (20.8%), Vitamin K: 51.27µg (48.82%), Selenium: 20.47µg (29.24%), Vitamin B6: 0.41mg (20.44%), Vitamin B3: 3.95mg (19.77%), Vitamin B1: 0.27mg (18.08%), Potassium: 571.71mg (16.33%), Iron: 2.94mg (16.31%), Vitamin B2: 0.25mg (14.7%), Folate: 56.22µg (14.06%), Phosphorus: 135.4mg (13.54%), Manganese: 0.26mg (13.1%), Zinc: 1.87mg (12.46%), Vitamin C: 9.59mg (11.63%), Magnesium: 36.17mg (9.04%), Vitamin E: 1.33mg (8.88%), Copper: 0.18mg (8.81%), Vitamin B5: 0.73mg (7.26%),

Vitamin B12: 0.39µg (6.55%), Fiber: 1.5g (6.01%), Vitamin A: 247.38IU (4.95%), Calcium: 37.15mg (3.72%)