



Warm potato salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 500 g pack baby new potato
- ☐ 1 tbsp dijon mustard
- ☐ 0.5 lemon zest finely grated
- ☐ 5 tbsp olive oil extra-virgin
- ☐ 3 tbsp flat-leaf parsley chopped
- ☐ 2 spring onion thinly sliced

Equipment

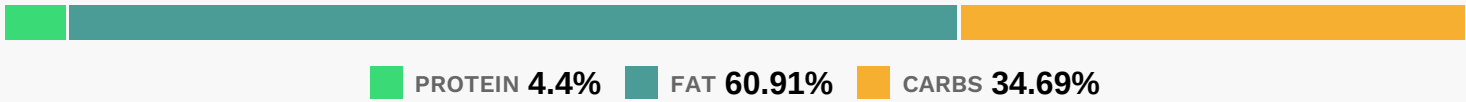
- ☐ bowl

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook the potatoes in a pan of boiling salted water for 12–15 mins until just tender. Meanwhile, in a small bowl, whisk the mustard with the lemon zest and juice, and slowly whisk in the oil to form a smooth emulsion. Season to taste.
- ☐ Drain the potatoes and tip into a large bowl.
- ☐ Drizzle over the dressing and gently mix. Leave to stand for 15 mins to allow the potatoes to absorb the flavours. To serve, stir the parsley and spring onions into the potatoes. Season to taste and serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.94, Glycemic Load:16.12, Inflammation Score:-5, Nutrition Score:11.150000178296%

Flavonoids

Apigenin: 6.16mg, Apigenin: 6.16mg, Apigenin: 6.16mg, Apigenin: 6.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 256.54kcal (12.83%), Fat: 17.78g (27.35%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 19.54g (7.1%), Sugar: 1.22g (1.36%), Cholesterol: 0mg (0%), Sodium: 51.7mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin K: 72.13µg (68.69%), Vitamin C: 30.53mg (37%), Vitamin B6: 0.38mg (18.94%), Vitamin E: 2.6mg (17.35%), Potassium: 565.6mg (16.16%), Fiber: 3.24g (12.96%), Manganese: 0.22mg (11.05%), Magnesium: 33.29mg (8.32%), Phosphorus: 79.26mg (7.93%), Iron: 1.4mg (7.8%), Vitamin B1: 0.11mg (7.55%), Copper: 0.15mg (7.38%), Folate: 28.53µg (7.13%), Vitamin B3: 1.41mg (7.05%), Vitamin A: 305.44IU (6.11%), Vitamin B5: 0.4mg (4%), Vitamin B2: 0.05mg (2.98%), Zinc: 0.44mg (2.95%), Calcium: 26.8mg (2.68%), Selenium: 1.69µg (2.42%)