



Warm Potato-Tomato Salad with Dijon Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings pepper black freshly ground
- 3 tablespoons dijon mustard
- 1 teaspoon tarragon leaves fresh finely minced
- 0.5 cup olive oil extra-virgin
- 0.5 cup onion red finely minced
- 3 tablespoons red wine vinegar divided
- 0.5 teaspoon sea salt

- 2 cups tomatoes diced
- 2 pounds yukon gold potatoes cut into 1-inch chunks

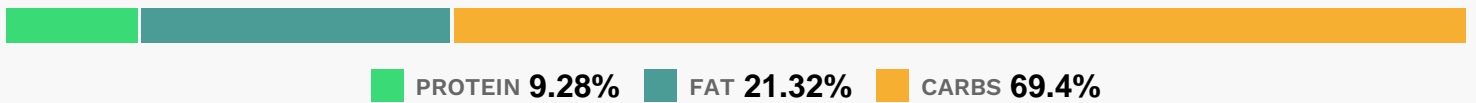
Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- In a bowl, whisk together the onion, mustard, 2 tablespoons of the red wine vinegar, salt and pepper. Gradually whisk in the olive oil and then add the tarragon.
- Put the potatoes in a large pot of cold, well-salted water to cover. Bring to a boil, adjust the heat to maintain a gentle simmer, and cook until tender when pierced, about 15 minutes.
- Drain well and transfer to a large bowl or sheet pan to cool slightly.
- Sprinkle with 1 tablespoon red wine vinegar.
- Add some of the vinaigrette to the potatoes and toss; you may not need it all.
- Add the tomato and toss again. Taste and adjust the seasoning. The salad may need more salt.

Nutrition Facts



Properties

Glycemic Index:47.13, Glycemic Load:20.26, Inflammation Score:-6, Nutrition Score:10.784782689551%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

4.05mg

Nutrients (% of daily need)

Calories: 169.75kcal (8.49%), Fat: 4.13g (6.35%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 25.72g (9.35%), Sugar: 3.16g (3.51%), Cholesterol: 0mg (0%), Sodium: 289.28mg (12.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Vitamin C: 37.81mg (45.83%), Vitamin B6: 0.52mg (25.76%), Potassium: 799.36mg (22.84%), Manganese: 0.38mg (18.98%), Fiber: 4.52g (18.09%), Magnesium: 46.8mg (11.7%), Phosphorus: 111.87mg (11.19%), Vitamin B1: 0.16mg (10.71%), Copper: 0.21mg (10.39%), Vitamin B3: 1.98mg (9.89%), Iron: 1.63mg (9.08%), Folate: 35.63µg (8.91%), Vitamin K: 9.29µg (8.85%), Vitamin A: 436.89IU (8.74%), Vitamin E: 0.83mg (5.54%), Vitamin B5: 0.53mg (5.32%), Selenium: 3.09µg (4.41%), Vitamin B2: 0.07mg (4.18%), Zinc: 0.61mg (4.07%), Calcium: 35.75mg (3.57%)