



Wine Country Potato Salad, Patatosalata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon optional: dill fresh finely chopped
- ☐ 24 kalamata olives pitted halved
- ☐ 1.8 teaspoons kosher salt
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon oregano leaves fresh finely chopped
- ☐ 1 medium onion red halved sliced into half moons

- ☐ 2 pounds potatoes red
- ☐ 0.3 cup thinly napa valley spring onions white green chopped
- ☐ 1 tablespoon zinfandel wine vinegar

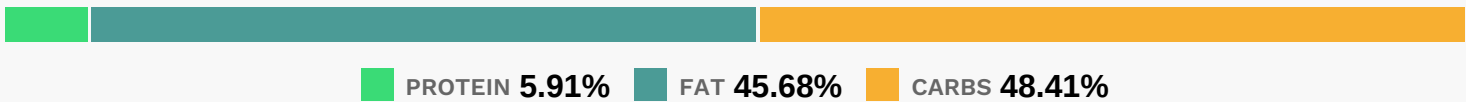
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ colander

Directions

- ☐ Scrub the potatoes, and place in a 6 to 8-quart saucepan. Cover with cold water, add 1 teaspoon of the salt, place over high heat, and bring the water and potatoes to a rolling boil. Turn down to medium and simmer for approximately 20 to 25 minutes, or until they are tender when pierced with a knife.
- ☐ While the potatoes are cooking, combine the onions, spring onions, olives, dill, and oregano in a medium sized salad bowl. Put aside. When the potatoes are done, drain well in a colander, and allow to cool slightly.
- ☐ Cut the potatoes into quarters and add them to the salad bowl with the onions, olives, and herbs.
- ☐ In a small bowl whisk together the olive oil, red wine vinegar, lemon juice, 3/4 teaspoon salt, and pepper.
- ☐ Pour over the salad and mix well. Taste and add more salt and pepper if necessary. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.46, Inflammation Score:-8, Nutrition Score:9.5104348037554%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 222.42kcal (11.12%), Fat: 11.75g (18.08%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 24.09g (8.76%), Sugar: 3.2g (3.56%), Cholesterol: 0mg (0%), Sodium: 957.23mg (41.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Vitamin C: 19.17mg (23.23%), Vitamin K: 24.04µg (22.9%), Potassium: 756.71mg (21.62%), Fiber: 3.93g (15.7%), Manganese: 0.3mg (15.03%), Vitamin B6: 0.3mg (15.01%), Vitamin E: 2.12mg (14.1%), Copper: 0.24mg (12.06%), Phosphorus: 102.15mg (10.22%), Magnesium: 40.85mg (10.21%), Folate: 37.97µg (9.49%), Vitamin B1: 0.14mg (9.37%), Vitamin B3: 1.87mg (9.34%), Iron: 1.68mg (9.32%), Vitamin B5: 0.47mg (4.74%), Calcium: 45.74mg (4.57%), Zinc: 0.58mg (3.9%), Vitamin B2: 0.06mg (3.68%), Vitamin A: 135.76IU (2.72%), Selenium: 1.07µg (1.53%)