



## Yukon Gold and Fresh Herb Potato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



269 kcal

SIDE DISH

### Ingredients

- 8 servings pepper black freshly ground
- 3 tablespoons champagne vinegar
- 1 tablespoon chives minced
- 1.5 tablespoons flat-leaf parsley chopped
- 1.5 tablespoons basil leaves fresh chopped
- 0.8 tsp kosher salt
- 6 tablespoons olive oil fruity extra-virgin
- 4 pounds yukon gold potatoes ( 3 in. wide)

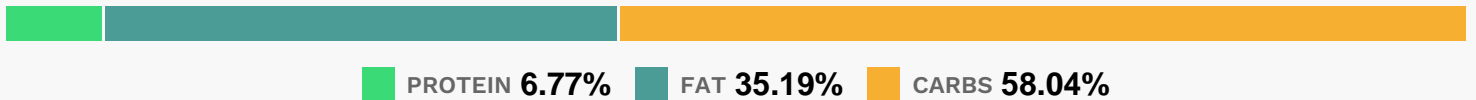
## Equipment

- bowl
- whisk
- pot
- colander
- steamer basket

## Directions

- Pour about 1 in. water into a large pot and set a steamer basket\* in the bottom. Bring to a boil.
- Add potatoes, reduce heat, and simmer, covered, until tender when pierced, 25 to 30 minutes.
- Pour potatoes into a colander in the sink, rinse with cool water, and let stand until cool enough to handle.
- Peel potatoes and slice crosswise into 1/2-in. thick pieces. Put in a large serving bowl.
- In a small bowl, whisk together oil, vinegar, and 3/4 tsp. salt and drizzle over warm potatoes.
- Sprinkle with chopped herbs and add pepper and additional salt to taste, mixing gently to coat.
- \*Potatoes cook most evenly in a steamer basket, but if you don't have one, fill pot halfway with water and boil potatoes.
- Make ahead: Chill airtight up to 1 day (the salad will become even more flavorful); before serving, bring to room temperature, then stir.

## Nutrition Facts



## Properties

Glycemic Index:32.84, Glycemic Load:29.03, Inflammation Score:-5, Nutrition Score:12.836956552837%

## Flavonoids

Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

## **Nutrients (% of daily need)**

Calories: 269.24kcal (13.46%), Fat: 10.72g (16.49%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 39.77g (13.26%), Net Carbohydrates: 34.72g (12.63%), Sugar: 1.78g (1.98%), Cholesterol: 0mg (0%), Sodium: 232.75mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin C: 45.99mg (55.75%), Vitamin B6: 0.67mg (33.56%), Potassium: 964.86mg (27.57%), Vitamin K: 25.45µg (24.24%), Fiber: 5.05g (20.22%), Manganese: 0.37mg (18.49%), Magnesium: 53.34mg (13.33%), Phosphorus: 130.74mg (13.07%), Copper: 0.25mg (12.51%), Vitamin B1: 0.18mg (12.17%), Vitamin B3: 2.41mg (12.04%), Iron: 1.93mg (10.72%), Vitamin E: 1.55mg (10.3%), Folate: 38.09µg (9.52%), Vitamin B5: 0.68mg (6.78%), Zinc: 0.67mg (4.5%), Vitamin B2: 0.07mg (4.37%), Calcium: 30.28mg (3.03%), Vitamin A: 104.37IU (2.09%)