



## Zingy new potato salad



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



206 kcal

SIDE DISH

### Ingredients

- ☐ 1.5 kg baby potatoes
- ☐ 1 small onion red
- ☐ 2 tbsp capers (the small 'non pareilles' are best, and widely available)
- ☐ 2 tbsp sherry vinegar
- ☐ 2 tsp honey
- ☐ 100 ml olive oil

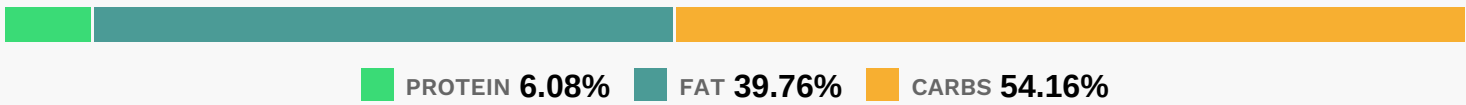
### Equipment

- ☐ whisk

# Directions

- ☐ If the potatoes are larger than mouthful sized, cut them into smaller chunks. Boil in salted water for about 15 mins, until just done. Meanwhile, halve the red onion, then slice it as thin as you can.
- ☐ Whisk the vinegar and honey with 1 tsp salt until the salt dissolves, then whisk in the olive oil.
- ☐ Drain the potatoes, mix with the dressing, onion and capers. Leave to cool.
- ☐ Serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:16.3, Glycemic Load:20.01, Inflammation Score:-4, Nutrition Score:8.3921738234551%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

## Nutrients (% of daily need)

Calories: 205.83kcal (10.29%), Fat: 9.29g (14.29%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 24.93g (9.07%), Sugar: 2.79g (3.1%), Cholesterol: 0mg (0%), Sodium: 57.54mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Vitamin C: 30.46mg (36.92%), Vitamin B6: 0.46mg (22.82%), Potassium: 650.23mg (18.58%), Fiber: 3.54g (14.18%), Manganese: 0.25mg (12.38%), Magnesium: 36.31mg (9.08%), Vitamin E: 1.35mg (8.98%), Phosphorus: 89.16mg (8.92%), Copper: 0.17mg (8.68%), Vitamin K: 8.81µg (8.39%), Vitamin B1: 0.13mg (8.36%), Vitamin B3: 1.61mg (8.03%), Iron: 1.29mg (7.18%), Folate: 26.51µg (6.63%), Vitamin B5: 0.46mg (4.59%), Vitamin B2: 0.05mg (3.17%), Zinc: 0.46mg (3.09%), Calcium: 21.57mg (2.16%)