

Parisian Potato Salad

Community Table
Parade Magazine

Servings: 6

small purple or fingerling potatoes, cut into 1/2-inch slices

1 bay leaf

1/4 cup extra-virgin olive oil

1 tablespoon white wine vinegar

1 teaspoon Dijon mustard

salt (to taste)

black pepper (to taste)

1/4 cup shallots, finely chopped

2 tablespoons flat-leaf parsley, minced

In a pot of water, steam the potatoes with the bay leaf.

In a large bowl, whisk together the olive oil, vinegar, mustard, salt and pepper.

Add the potatoes, shallot and parsley. Toss gently to combine.

Arrange 1-1/2 pounds of potatoes, peeled and cut as desired, in the steamer basket. Cover. Steam for 7 to 10 minutes or just until the potatoes are tender when pierced with the tip of a sharp knife. Remove the potatoes from the basket and rinse with cold water to stop the cooking. Pat dry with paper towels.

Per Serving (excluding unknown items): 85 Calories; 9g Fat (93.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	85
% Calories from Fat:	93.0%
% Calories from Carbohydrates:	6.1%
% Calories from Protein:	0.9%
Total Fat (g):	9g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	11mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	0mg
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

Potassium (mg): 26mg
Calcium (mg): 3mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 833IU
Vitamin A (r.e.): 83 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 85 Calories from Fat: 79

% Daily Values*

Total Fat	9g	14%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	11mg	0%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	17%
Vitamin C	1%
Calcium	0%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.