

## Herbed Potato Salad



6 Ingredients, 4 Servings

- 1 lemon juice (or lime, grated zest and juice)
- 4 potatoes (large, pontiac)
- 6 spring onions (scallions, finely sliced)
- 70 grams flat leaf parsley (roughly chopped, about half a bunch)
- 1/2 cup oil\*
- 60 grams dill (fresh) (finely chopped, about 1 bunch)

### Instructions

- Cut the potatoes into chunks and place them into a large saucepan of salted cold water.
- Bring to the boil.
- At boiling point, cover the saucepan with a lid and remove it from the heat.
- Leave to sit for 30 minutes.
- Mix the spring onion, parsley, dill, olive oil, lemon zest and juice together.
- When the potato is tender and cooked through, drain the saucepan and add the potato to the herb mixture while the potato is still hot.
- Toss to combine and season with sea salt and black pepper.

### Warnings

\*\*POTATOES: only white, peeled potatoes are low salicylate

\*\*SPRING ONIONS: Use the GREEN part only for SIBO phase 1 & FODMAP Diets

\*\*OIL\*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

### Nutritional Information (per serving)

Calories

410

|                    |         |
|--------------------|---------|
| Total Fat          | 26g     |
| Saturated Fat      | 3g      |
| Cholesterol        | --      |
| Sodium             | 57mg    |
| Total Carbohydrate | 38g     |
| Dietary Fibre      | 7g      |
| Sugars             | 3g      |
| Protein            | 5g      |
| Calcium            | 91mg    |
| Iron               | 4mg     |
| Magnesium          | 67mg    |
| Phosphorus         | 161mg   |
| Potassium          | 1,149mg |
| Vitamin C          | 64mg    |
| Thiamin            | --      |
| Riboflavin         | --      |
| Vitamin B6         | --      |
| Vitamin E          | 8mg     |