



Asian-German Fusion Potato Salad



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



442 kcal

SIDE DISH

Ingredients

- ☐ 1 cup ham cubed cooked
- ☐ 1 tablespoon garlic dried minced
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 cup vegetables mixed frozen
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground turmeric
- ☐ 0.5 tablespoon hot sauce

- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 1.5 pounds potatoes red scrubbed
- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 tablespoon sesame oil
- ☐ 1 teaspoon wasabi powder
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 large onion diced yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Place the potatoes in a large pot of boiling salted water, and cook about 10 minutes. Stir in the frozen mixed vegetables, and continue cooking 10 to 12 minutes, until potatoes and vegetables are tender.
- ☐ Transfer to a large bowl.
- ☐ Cut potatoes while still hot, into 1 inch pieces. Set aside to cool.
- ☐ Heat the olive oil in a skillet.
- ☐ Place the onion in the skillet, and season with garlic, salt, and pepper. Cook and stir until tender.
- ☐ In a bowl, whisk together the mayonnaise, lemon juice, Worcestershire sauce, sesame oil, hot sauce, wasabi powder, ginger, and turmeric. Season with salt and pepper.
- ☐ Toss the cooled potato and vegetable mixture with the onions, mayonnaise mixture, ham, and cilantro until evenly coated. Chill until serving.

Nutrition Facts



 PROTEIN **6.38%**  FAT **71.42%**  CARBS **22.2%**

Properties

Glycemic Index:27.33, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:13.422174007996%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 442.48kcal (22.12%), Fat: 35.53g (54.66%), Saturated Fat: 5.59g (34.92%), Carbohydrates: 24.84g (8.28%), Net Carbohydrates: 21.6g (7.86%), Sugar: 3.16g (3.51%), Cholesterol: 29.43mg (9.81%), Sodium: 743.86mg (32.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.29%), Vitamin K: 69.38µg (66.08%), Vitamin C: 20.07mg (24.33%), Potassium: 705.03mg (20.14%), Manganese: 0.4mg (19.78%), Vitamin A: 852.16IU (17.04%), Vitamin B6: 0.32mg (16.15%), Phosphorus: 157.65mg (15.77%), Vitamin B1: 0.24mg (15.7%), Vitamin E: 1.97mg (13.15%), Fiber: 3.24g (12.96%), Vitamin B3: 2.28mg (11.42%), Copper: 0.22mg (11.17%), Iron: 1.74mg (9.67%), Magnesium: 38.67mg (9.67%), Folate: 34.03µg (8.51%), Selenium: 5.88µg (8.4%), Zinc: 1.04mg (6.95%), Vitamin B2: 0.12mg (6.83%), Vitamin B5: 0.62mg (6.21%), Vitamin B12: 0.31µg (5.17%), Calcium: 31.14mg (3.11%)