



Baby Potato Salad



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 1 large egg yolk
- ☐ 2 tablespoons chives fresh chopped
- ☐ 8 servings kosher salt
- ☐ 2 pounds potatoes – remove skin unpeeled (36)
- ☐ 2 tablespoons spicy brown mustard
- ☐ 0.5 cup vegetable oil
- ☐ 2 teaspoons citrus champagne vinegar

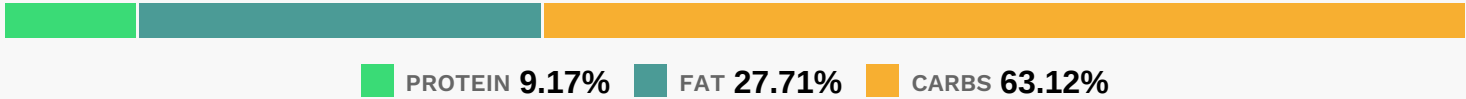
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Place potatoes in a large pot and add cold water to cover by 2"; season generously with salt. Bring to a boil, reduce heat, and simmer gently until potatoes are tender, 20–25 minutes.
- ☐ Drain and let potatoes cool slightly. Peel, if desired.
- ☐ Meanwhile, whisk egg yolk and vinegar in a large bowl; season with salt.
- ☐ Whisking constantly, gradually add oil, drop by drop at first, and whisk until mayonnaise is thick and creamy.
- ☐ Whisk in mustard.
- ☐ Add warm potatoes to bowl with mayonnaise and toss to coat; season with salt. Fold in chives just before serving.
- ☐ DO AHEAD: Mayonnaise can be made 1 day ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:5.7995651986288%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 113.06kcal (5.65%), Fat: 3.58g (5.51%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 18.34g (6.11%), Net Carbohydrates: 16.23g (5.9%), Sugar: 1.54g (1.71%), Cholesterol: 22.95mg (7.65%), Sodium: 256.59mg (11.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.33%), Potassium: 526.65mg (15.05%), Vitamin C: 10.21mg (12.37%), Vitamin B6: 0.2mg (10.19%), Vitamin K: 9.97µg (9.49%), Manganese: 0.18mg (9.03%), Fiber: 2.11g (8.43%), Phosphorus: 82.05mg (8.2%), Copper: 0.16mg (7.89%), Vitamin B1: 0.1mg (6.88%), Magnesium: 27.22mg (6.81%), Vitamin B3: 1.33mg (6.65%), Folate: 24.56µg (6.14%), Iron: 0.97mg (5.36%), Selenium: 3.04µg (4.34%),

Vitamin B5: 0.39mg (3.94%), Zinc: 0.45mg (3.01%), Vitamin B2: 0.05mg (2.92%), Vitamin E: 0.3mg (2.03%), Calcium: 17.33mg (1.73%), Vitamin A: 73.89IU (1.48%)