



Big Daddy Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



467 kcal

SIDE DISH

Ingredients

- 0.3 cup dijon mustard
- 0.8 cup mayonnaise
- 3 tablespoons parsley leaves chopped
- 4 servings freshly cracked pepper black
- 3 jalapeño peppers drained chopped
- 2 pounds potatoes red cubed scrubbed
- 4 servings salt
- 2 shallots minced

Equipment

- bowl
- whisk
- pot

Directions

- Add the potatoes to a large pot of cold water. Bring it to a boil over medium heat and add salt, to taste. Cook until tender, about 10 minutes.
- Drain and let cool.
- In a large serving bowl, whisk the mayonnaise and mustard with the shallots, jalapenos, parsley and salt and pepper.
- Add the potatoes and toss them with the mayonnaise mixture.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:0.72, Inflammation Score:-7, Nutrition Score:17.326521847559%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 467.22kcal (23.36%), Fat: 32.4g (49.85%), Saturated Fat: 5.05g (31.57%), Carbohydrates: 40.01g (13.34%), Net Carbohydrates: 34.67g (12.61%), Sugar: 4.64g (5.15%), Cholesterol: 17.64mg (5.88%), Sodium: 863.69mg (37.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.73%), Vitamin K: 126.19µg (120.18%), Potassium: 1145.12mg (32.72%), Vitamin C: 25.68mg (31.13%), Vitamin B6: 0.47mg (23.36%), Manganese: 0.46mg (22.75%), Fiber: 5.34g (21.37%), Copper: 0.36mg (17.84%), Phosphorus: 175.4mg (17.54%), Magnesium: 63.77mg (15.94%), Vitamin B1: 0.23mg (15.49%), Iron: 2.55mg (14.17%), Vitamin B3: 2.8mg (14.02%), Folate: 54.41µg (13.6%), Selenium: 7.59µg (10.85%), Vitamin E: 1.56mg (10.41%), Vitamin A: 499.24IU (9.98%), Vitamin B5: 0.85mg (8.48%), Zinc: 1.03mg (6.89%), Vitamin B2: 0.1mg (5.79%), Calcium: 47.76mg (4.78%)