



WHATSheATE



Bobby's Favorite Sausage Potato Salad



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



255 kcal

SIDE DISH

Ingredients



1 stalk celery finely chopped



1 tablespoon dijon mustard



1 clove garlic minced



2 green onions thinly sliced



8 ounces kielbasa sliced into 1/ rounds



2 teaspoons olive oil extra-virgin



3 tablespoons olive oil extra-virgin



0.3 teaspoons freshly cracked pepper black

- ☐ 1 pound potatoes red
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 6 servings water as needed

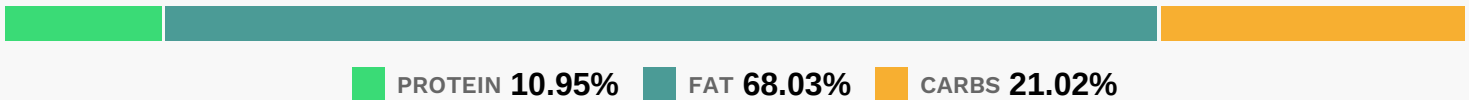
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ For the salad: Bring a large pot of water to a boil over medium heat.
- ☐ Add the potatoes and boil until tender, about 25 minutes.
- ☐ Drain the water and let cool. Quarter the potatoes and transfer them to a large serving bowl.
- ☐ In a large skillet, heat the 2 teaspoons of oil over medium-high heat.
- ☐ Add the kielbasa slices and cook until brown.
- ☐ Transfer them to a paper towel lined plate to drain.
- ☐ Add the kielbasa to the bowl with the potatoes, along with the celery and green onions.
- ☐ For the dressing: In a small bowl, whisk together the vinegar, mustard, garlic, salt, and pepper. Slowly whisk in the oil in a long steady stream.
- ☐ Add the dressing to the potato mixture and toss to combine.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:7.8069565192513%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 255.22kcal (12.76%), Fat: 19.4g (29.85%), Saturated Fat: 5.09g (31.83%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 11.85g (4.31%), Sugar: 1.2g (1.33%), Cholesterol: 26.46mg (8.82%), Sodium: 487.5mg (21.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.05%), Vitamin B1: 0.26mg (17.36%), Vitamin K: 17.62µg (16.79%), Potassium: 470.36mg (13.44%), Selenium: 8.04µg (11.49%), Vitamin B3: 2.23mg (11.15%), Vitamin B6: 0.22mg (10.79%), Phosphorus: 104.5mg (10.45%), Vitamin C: 8.02mg (9.72%), Copper: 0.18mg (9.19%), Manganese: 0.17mg (8.49%), Vitamin E: 1.26mg (8.38%), Iron: 1.29mg (7.16%), Zinc: 1.05mg (7.01%), Magnesium: 27.44mg (6.86%), Fiber: 1.63g (6.54%), Vitamin B12: 0.37µg (6.17%), Vitamin B2: 0.09mg (5.22%), Folate: 19.53µg (4.88%), Vitamin B5: 0.41mg (4.12%), Calcium: 27.96mg (2.8%), Vitamin A: 77.38IU (1.55%)