



Cajun Potato Salad with Andouille Sausage

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



192 kcal

SIDE DISH

Ingredients

- 1 cup celery chopped
- 1 bell pepper green chopped
- 0.7 cup spring onion sliced
- 1 tablespoon olive oil
- 1 tablespoon hot sauce hot
- 3 pounds potatoes - remove skin peeled cut into 3/4-inch pieces
- 3 tablespoons citrus champagne vinegar
- 1 tablespoon coarse mustard whole

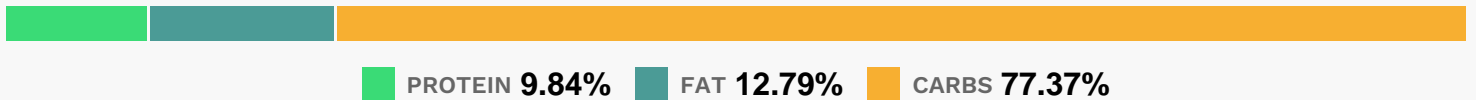
Equipment

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

Directions

- Heat 1 tablespoon oil in large skillet over medium-high heat.
- Add sausages; sauté until brown, about 5 minutes.
- Transfer to paper towels and drain.
- Bring large pot of salted water to boil.
- Add potatoes; cook just until tender, stirring occasionally, about 9 minutes.
- Drain well.
- Whisk vinegar, pepper sauce and mustard in large bowl.
- Transfer warm potatoes to bowl with vinegar mixture and gently toss. Gently mix in sausages, bell pepper, celery, green onions and 1/4 cup oil. Season with salt and pepper.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:13.63913037466%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 192.45kcal (9.62%), Fat: 2.83g (4.35%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 33.62g (12.23%), Sugar: 3.95g (4.39%), Cholesterol: 0mg (0%), Sodium: 142.07mg (6.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.79%), Vitamin C: 39.73mg (48.16%), Vitamin K: 37.47µg (35.69%), Potassium: 1150.88mg (32.88%), Vitamin B6: 0.45mg (22.72%), Manganese: 0.39mg (19.7%), Fiber: 4.86g (19.46%), Copper: 0.34mg (16.77%), Phosphorus: 154mg (15.4%), Magnesium: 57.56mg (14.39%), Vitamin B3: 2.83mg (14.16%), Folate: 56.28µg (14.07%), Vitamin B1: 0.21mg (14.01%), Iron: 2.02mg (11.21%), Vitamin B5: 0.71mg (7.12%), Vitamin B2: 0.1mg (5.75%), Zinc: 0.86mg (5.73%), Vitamin A: 280.9IU (5.62%), Calcium: 41.62mg (4.16%), Vitamin E: 0.55mg (3.67%), Selenium: 2.12µg (3.03%)