



Cajun Potato Salad with Andouille Sausage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



315 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
- ☐ 8 ounces andouille sausage hot
- ☐ 3 pounds potatoes - remove skin peeled cut into 3/4-inch pieces
- ☐ 3 tablespoons citrus champagne vinegar

☐ 1 tablespoon coarse mustard whole

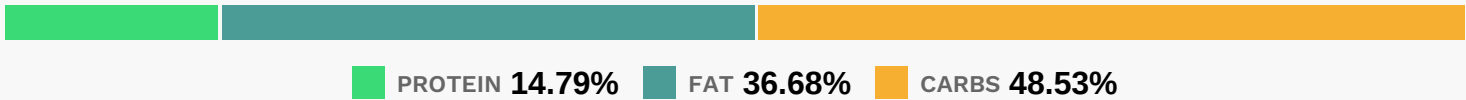
Equipment

- ☐ 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:16.822173750919%

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: 315.3kcal (15.76%), Fat: 13.11g (20.17%), Saturated Fat: 3.77g (23.55%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 34.16g (12.42%), Sugar: 4.36g (4.85%), Cholesterol: 32.51mg (10.84%), Sodium: 449.76mg (19.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.89g (23.78%), Vitamin C: 39.73mg (48.16%), Potassium: 1280.16mg (36.58%), Vitamin K: 37.47µg (35.69%), Vitamin B6: 0.53mg (26.4%), Vitamin B3: 5.15mg (25.73%), Phosphorus: 210.32mg (21.03%), Vitamin B1: 0.31mg (20.46%), Manganese: 0.4mg (19.8%), Fiber: 4.86g (19.46%), Copper: 0.36mg (18.11%), Magnesium: 63.61mg (15.9%), Selenium: 9.94µg (14.2%), Folate: 56.66µg (14.17%), Iron: 2.47mg (13.73%), Zinc: 1.79mg (11.91%), Vitamin B5: 0.99mg (9.86%), Vitamin B2: 0.16mg (9.66%), Vitamin B12: 0.37µg (6.17%), Vitamin A: 296.4IU (5.93%), Vitamin E: 0.89mg (5.93%), Calcium: 45.02mg (4.5%), Vitamin D: 0.53µg (3.53%)