



California Potato Salad

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 0.5 cup herb seasoned croutons
- ☐ 1 tablespoon dijon mustard
- ☐ 4 eggs
- ☐ 4 cloves garlic minced
- ☐ 0.5 cup parmesan cheese fresh shaved
- ☐ 4 potatoes cubed peeled
- ☐ 2 tablespoons rice vinegar to taste

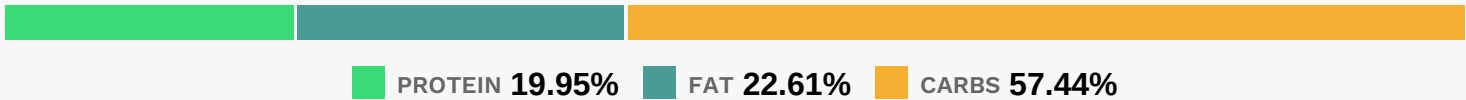
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Place the potatoes into a large pot and cover with salted water. Bring to a boil; reduce heat to medium-low, cover, and simmer until tender, about 15 minutes.
- ☐ Drain and allow to steam dry for a minute or two. Allow to cool.
- ☐ Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes.
- ☐ Pour out the hot water and cool the eggs under cold running water in the sink. Peel once cold. Dice the eggs.
- ☐ In a salad bowl, lightly toss the potatoes, eggs, artichoke hearts, garlic, Parmesan cheese, croutons, Dijon mustard, rice vinegar, and mayonnaise until all ingredients are coated with dressing.

Nutrition Facts



Properties

Glycemic Index:73.69, Glycemic Load:29.49, Inflammation Score:-5, Nutrition Score:17.809565056925%

Flavonoids

Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 322.29kcal (16.11%), Fat: 7.99g (12.3%), Saturated Fat: 3.55g (22.2%), Carbohydrates: 45.7g (15.23%), Net Carbohydrates: 39.07g (14.21%), Sugar: 2.77g (3.08%), Cholesterol: 172.18mg (57.39%), Sodium: 709.97mg (30.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.75%), Vitamin C: 42.91mg (52.01%), Vitamin

B6: 0.76mg (37.76%), Phosphorus: 308.55mg (30.86%), Selenium: 20.11µg (28.72%), Potassium: 991.41mg (28.33%), Fiber: 6.63g (26.52%), Manganese: 0.43mg (21.48%), Calcium: 209.32mg (20.93%), Vitamin B2: 0.33mg (19.22%), Magnesium: 63.56mg (15.89%), Iron: 2.8mg (15.56%), Vitamin B1: 0.23mg (15.29%), Folate: 60.94µg (15.23%), Copper: 0.28mg (14.2%), Vitamin B5: 1.41mg (14.07%), Vitamin B3: 2.56mg (12.79%), Zinc: 1.62mg (10.81%), Vitamin B12: 0.54µg (9.03%), Vitamin A: 342.42IU (6.85%), Vitamin D: 0.94µg (6.28%), Vitamin K: 4.5µg (4.28%), Vitamin E: 0.53mg (3.51%)