



## Cold-Fashioned Potato Salad

 Gluten Free  Dairy Free

READY IN



59 min.

SERVINGS



6

CALORIES



339 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup celery thinly sliced
- 3 tablespoons cider vinegar
- 3 tablespoons cornichons fine chopped
- 1 tablespoon tarragon fresh chopped
- 0.5 tablespoon garlic very thinly sliced
- 1 teaspoon kosher salt
- 0.8 cup mayonnaise homemade ( if possible)

- 1 teaspoon ground mustard
- 0.5 cup dice onion red
- 0.3 cup parsley chopped
- 2.5 pounds potatoes diced red

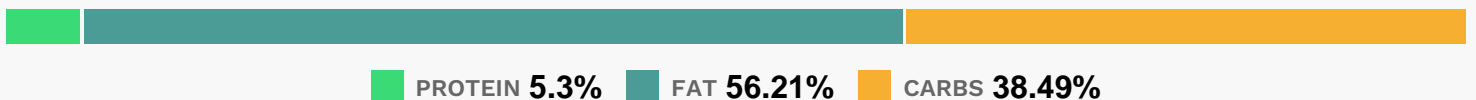
## Equipment

- mixing bowl
- pot
- kitchen towels

## Directions

- Watch how to make this recipe.
- Place potatoes into a large heavy-bottomed pot. Cover with cold water and place over medium heat. Cover the pot and bring to a boil. Immediately reduce heat and remove lid. Gently simmer until potatoes are fork tender.
- Drain and place into an ice bath to cool.
- Remove skin by rubbing with a tea towel. Slice potatoes into rounds or cut into large dice and place into a zip top bag.
- Add the vinegar and toss to coat all of the potatoes.
- Place the bag into the refrigerator overnight.
- In a large mixing bowl, combine the mayonnaise, mustard, parsley, tarragon, garlic, cornichons, onions, and celery. Once evenly combined, add the potatoes and season with salt and pepper.
- Let the salad chill in the refrigerator for at least an hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:52.17, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:14.533913153669%

## Flavonoids

Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

## **Nutrients (% of daily need)**

Calories: 339.04kcal (16.95%), Fat: 21.48g (33.05%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 33.11g (11.04%), Net Carbohydrates: 29.18g (10.61%), Sugar: 3.44g (3.82%), Cholesterol: 11.76mg (3.92%), Sodium: 698.67mg (30.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.11%), Vitamin K: 98.42µg (93.73%), Potassium: 970.57mg (27.73%), Vitamin C: 21.72mg (26.32%), Manganese: 0.45mg (22.62%), Vitamin B6: 0.39mg (19.34%), Fiber: 3.93g (15.71%), Copper: 0.29mg (14.59%), Phosphorus: 137.83mg (13.78%), Magnesium: 51.78mg (12.95%), Folate: 48.64µg (12.16%), Vitamin B3: 2.37mg (11.87%), Iron: 2.12mg (11.78%), Vitamin B1: 0.17mg (11.54%), Vitamin A: 344.28IU (6.89%), Vitamin E: 1.01mg (6.72%), Vitamin B5: 0.63mg (6.34%), Vitamin B2: 0.09mg (5.47%), Zinc: 0.81mg (5.38%), Calcium: 47.91mg (4.79%), Selenium: 2.55µg (3.64%)