



Creamy Marinated Potato Salad

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



108 kcal

SIDE DISH

Ingredients

- 1.3 lb potatoes - remove skin red (8 to 12 potatoes)
- 3 tablespoons apple cider vinegar
- 0.5 teaspoon salt
- 4 eggs
- 0.5 cup spring onion sliced
- 0.5 cup celery sliced
- 1 small bell pepper red coarsely chopped
- 0.8 cup salad dressing

- 0.3 cup cream sour
- 1 teaspoon sugar
- 2 teaspoons horseradish prepared
- 2 teaspoons mustard yellow
- 0.3 teaspoon pepper black

Equipment

- bowl
- sauce pan
- dutch oven

Directions

- In 4-quart saucepan or Dutch oven, place potatoes; add enough water to cover.
- Heat to boiling. Cook about 20 minutes or until tender.
- Drain; cool slightly.
- Cut into 1-inch cubes.
- Place in large nonmetal bowl.
- Sprinkle with vinegar and salt; toss to coat.
- Let stand 30 minutes.
- Meanwhile, in 2-quart saucepan, place eggs in single layer.
- Add enough water to cover eggs by 1 inch.
- Heat to boiling. Immediately remove from heat; cover and let stand 15 minutes.
- Drain; rinse with cold water.
- Place eggs in bowl of ice water; let stand 10 minutes.
- Drain.
- Peel and chop eggs.
- Add to potatoes with remaining salad ingredients; mix gently.
- In small bowl, mix dressing ingredients.
- Pour over salad; mix gently to coat. If desired, garnish with additional sliced green onions.

Nutrition Facts

PROTEIN 11.76% FAT 46.08% CARBS 42.16%

Properties

Glycemic Index:25.42, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:5.9073912993721%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 107.6kcal (5.38%), Fat: 5.56g (8.56%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 10.22g (3.72%), Sugar: 3.29g (3.66%), Cholesterol: 57.39mg (19.13%), Sodium: 291.27mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.39%), Vitamin K: 20.05µg (19.1%), Vitamin C: 13.45mg (16.31%), Potassium: 309.95mg (8.86%), Selenium: 5.59µg (7.98%), Vitamin A: 372.22IU (7.44%), Vitamin B6: 0.15mg (7.34%), Phosphorus: 71.31mg (7.13%), Vitamin B2: 0.1mg (6.03%), Folate: 23.81µg (5.95%), Manganese: 0.12mg (5.88%), Fiber: 1.24g (4.94%), Copper: 0.09mg (4.49%), Iron: 0.79mg (4.4%), Magnesium: 16.98mg (4.25%), Vitamin E: 0.63mg (4.23%), Vitamin B5: 0.42mg (4.18%), Vitamin B1: 0.06mg (3.92%), Vitamin B3: 0.72mg (3.59%), Zinc: 0.43mg (2.89%), Calcium: 26.62mg (2.66%), Vitamin B12: 0.14µg (2.34%), Vitamin D: 0.29µg (1.96%)