



Creamy Potato Salad with Grilled Scallions

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

Ingredients

- 1 pinch pepper black freshly ground
- 1 teaspoon garlic chopped
- 0.5 teaspoon kosher salt
- 2 tablespoons mayonnaise
- 1 pound potatoes red cut in to 1-inch cubes
- 1 bunch scallions washed
- 2 tablespoons cup heavy whipping cream sour
- 1 tablespoon spicy brown mustard

Equipment

- bowl
- pot
- grill
- grill pan
- cutting board

Directions

- Bring a medium pot of salted water to a boil over medium heat.
- Add potatoes and cook for 8 minutes or until slightly tender. Strain, place in large bowl and let cool until slightly warm.
- While potatoes are cooking, set up grill or grill pan for direct cooking over medium heat.
- Place scallions on hot oiled grill and cook for 4 minutes.
- Transfer to a cutting board and set aside.
- To the bowl with the potatoes add mayonnaise, sour cream, mustard, garlic, salt and pepper and gently mix until well blended and potatoes are coated. Slice grilled scallions and mix into the potatoes.
- Serve immediately or keep covered in the refrigerator for up to 2 days.

Nutrition Facts



PROTEIN 7.23% **FAT 40.75%** **CARBS 52.02%**

Properties

Glycemic Index:44, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:6.7560869895894%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 144.25kcal (7.21%), Fat: 6.7g (10.31%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 16.98g (6.18%), Sugar: 1.91g (2.12%), Cholesterol: 6.48mg (2.16%), Sodium: 399.75mg (17.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Vitamin K: 27.32µg (26.02%), Potassium: 550.45mg (15.73%), Vitamin C: 11.18mg (13.56%), Vitamin B6: 0.21mg (10.57%), Manganese: 0.2mg (10.14%), Fiber: 2.27g (9.07%), Phosphorus: 82.66mg (8.27%), Copper: 0.16mg (8.25%), Magnesium: 28.86mg (7.21%), Vitamin B1: 0.11mg (7.04%), Vitamin B3: 1.37mg (6.83%), Folate: 25.25µg (6.31%), Iron: 1.01mg (5.63%), Vitamin B5: 0.37mg (3.69%), Selenium: 2.37µg (3.38%), Vitamin B2: 0.05mg (3.22%), Zinc: 0.46mg (3.08%), Calcium: 26.29mg (2.63%), Vitamin A: 112.55IU (2.25%), Vitamin E: 0.31mg (2.07%)