



Creamy Red Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



414 kcal

SIDE DISH

Ingredients

- ☐ 2 celery stalks thinly sliced
- ☐ 1.3 cups mayonnaise
- ☐ 1 onion thinly sliced
- ☐ 4 pounds potatoes red
- ☐ 2 tablespoons red wine vinegar
- ☐ 8 servings salt and pepper
- ☐ 2 tablespoons relish sweet
- ☐ 0.3 cup whole-grain mustard

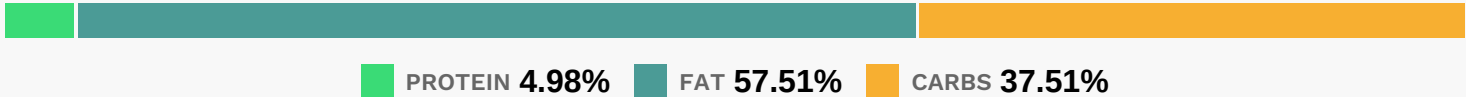
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place potatoes in a large pot and add enough cold water to cover by 1 inch. Bring to a boil over high heat, reduce to medium-low and simmer until potatoes are easily pierced with a fork, 30 minutes.
- ☐ Drain; slightly cool.
- ☐ Cut potatoes in half and place in a large bowl.
- ☐ Add onion and celery. In a separate bowl, mix mustard with vinegar, mayonnaise, relish, salt and pepper.
- ☐ Pour over potatoes and gently stir to mix.
- ☐ Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:13.780000045248%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 414.31kcal (20.72%), Fat: 26.88g (41.36%), Saturated Fat: 4.21g (26.3%), Carbohydrates: 39.45g (13.15%), Net Carbohydrates: 34.86g (12.68%), Sugar: 4.96g (5.51%), Cholesterol: 14.7mg (4.9%), Sodium: 603.05mg (26.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.47%), Vitamin K: 67.27µg (64.07%), Potassium: 1079.6mg (30.85%), Vitamin C: 20.65mg (25.03%), Vitamin B6: 0.41mg (20.67%), Manganese: 0.39mg (19.35%), Fiber: 4.59g (18.37%), Copper: 0.33mg (16.38%), Phosphorus: 161.95mg (16.2%), Magnesium: 57.05mg

(14.26%), Vitamin B1: 0.21mg (14.22%), Vitamin B3: 2.69mg (13.46%), Folate: 46.31µg (11.58%), Iron: 1.98mg (10.98%), Vitamin E: 1.23mg (8.23%), Selenium: 5.54µg (7.91%), Vitamin B5: 0.74mg (7.44%), Zinc: 0.9mg (5.99%), Vitamin B2: 0.09mg (5.25%), Calcium: 36.04mg (3.6%), Vitamin A: 96.43IU (1.93%)