



Creole Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

Ingredients

- 2 tablespoons apple cider vinegar
- 2 stalks celery chopped
- 0.5 cup dijon mustard (recommended: Zatarains)
- 2 cloves garlic chopped
- 0.8 cup mayonnaise
- 3 pounds potatoes red cubed scrubbed well
- 6 servings salt and pepper black freshly ground
- 1 teaspoon sugar

1 small vidalia onion chopped

Equipment

bowl

whisk

pot

colander

Directions

Watch how to make this recipe.

Place the cubed potatoes in a large pot of cold salted water. Bring to a boil. Cook potatoes until they are fork tender.

Drain in a colander and let cool.

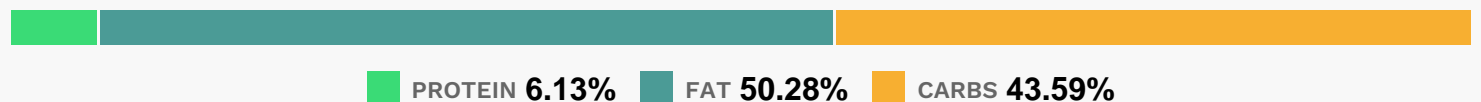
In a small bowl, whisk together mayonnaise, mustard, apple cider vinegar, sugar, salt and pepper.

Once cool, add potatoes to a large bowl.

Add chopped onions, celery, and garlic.

Pour the dressing over the potatoes and mix well. Season with salt and pepper, if needed.

Nutrition Facts



Properties

Glycemic Index:47.68, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:15.270869625651%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg

Nutrients (% of daily need)

Calories: 386.69kcal (19.33%), Fat: 22.04g (33.91%), Saturated Fat: 3.42g (21.35%), Carbohydrates: 42.99g (14.33%), Net Carbohydrates: 37.48g (13.63%), Sugar: 7.02g (7.8%), Cholesterol: 11.76mg (3.92%), Sodium: 462.4mg (20.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.09%), Vitamin K: 56.78µg (54.08%), Potassium: 1177.96mg (33.66%), Vitamin C: 22.96mg (27.83%), Manganese: 0.51mg (25.29%), Vitamin B6: 0.5mg (24.82%), Fiber: 5.5g (22.02%), Phosphorus: 186.82mg (18.68%), Copper: 0.36mg (18.25%), Vitamin B1: 0.25mg (16.88%), Magnesium: 67.24mg (16.81%), Folate: 61.21µg (15.3%), Vitamin B3: 2.85mg (14.23%), Selenium: 9.32µg (13.31%), Iron: 2.25mg (12.51%), Vitamin B5: 0.84mg (8.37%), Vitamin E: 1.06mg (7.08%), Zinc: 1.03mg (6.85%), Vitamin B2: 0.11mg (6.43%), Calcium: 56.97mg (5.7%), Vitamin A: 109.86IU (2.2%)