



Creole Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



492 kcal

SIDE DISH

Ingredients

- ☐ 5 pounds baby potatoes red
- ☐ 1.5 cups celery finely chopped
- ☐ 0.3 cup crab boil seasoning dry
- ☐ 0.3 cup dijon mustard
- ☐ 1.5 tablespoons creole seasoning
- ☐ 1 cup spring onion finely chopped
- ☐ 12 hardboiled eggs peeled chopped
- ☐ 2 cups mayonnaise

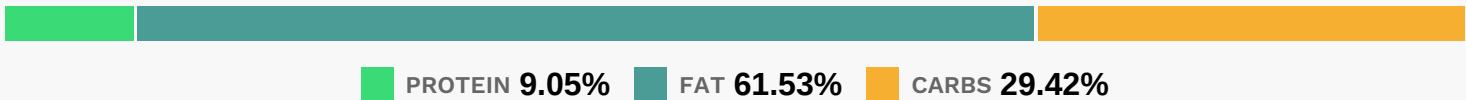
Equipment

☐ pot

Directions

- ☐ Bring potatoes, shrimp-and-crab boil, and 4 qt. water to a boil in a large stockpot over high heat. Boil 20 minutes or until tender; drain and cool 20 minutes.
- ☐ Peel potatoes; cut into 3/4-inch pieces. Toss together potatoes, eggs, and next 3 ingredients; stir in mayonnaise and mustard.
- ☐ Note: We tested with Zatarain's Pro Boil and Tony Chachere's Creole Seasoning.
- ☐ Try this twist!
- ☐ Cajun Shrimp Potato Salad: Stir in 1 lb. peeled, medium-size cooked shrimp (51/60 count).

Nutrition Facts



Properties

Glycemic Index:21.81, Glycemic Load:24.54, Inflammation Score:-7, Nutrition Score:20.88086998981%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 492.01kcal (24.6%), Fat: 33.89g (52.14%), Saturated Fat: 6.14g (38.4%), Carbohydrates: 36.45g (12.15%), Net Carbohydrates: 31.25g (11.36%), Sugar: 2.82g (3.13%), Cholesterol: 202.18mg (67.39%), Sodium: 398.5mg (17.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.43%), Vitamin K: 97.89µg (93.23%), Vitamin C: 39.87mg (48.33%), Vitamin B6: 0.67mg (33.74%), Selenium: 19.44µg (27.77%), Potassium: 954.91mg (27.28%), Manganese: 0.47mg (23.62%), Phosphorus: 219.48mg (21.95%), Fiber: 5.21g (20.84%), Vitamin B2: 0.35mg (20.65%), Folate: 67.14µg (16.79%), Iron: 2.97mg (16.5%), Magnesium: 59.43mg (14.86%), Vitamin A: 731.17IU (14.62%), Vitamin B1: 0.21mg (14.28%), Vitamin B5: 1.38mg (13.81%), Vitamin E: 2.07mg (13.79%), Copper: 0.25mg (12.44%), Vitamin B3: 2.24mg (11.22%), Vitamin B12: 0.6µg (10%), Zinc: 1.28mg (8.56%), Calcium: 81.52mg (8.15%), Vitamin D: 1.17µg (7.83%)