



Creole Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



417 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds new potatoes scrubbed cut in 1 to 2-inch chunks (peel on or off, your choice)
- ☐ 6 hardboiled eggs coarsely chopped
- ☐ 1 small onion chopped
- ☐ 2 stalks celery diced
- ☐ 1 bell pepper diced green
- ☐ 2 tablespoons cider vinegar
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup dijon mustard

- ☐ 0.8 cup mayonnaise to taste (less)
- ☐ 6 servings salt
- ☐ 6 servings cajun spice for garnish

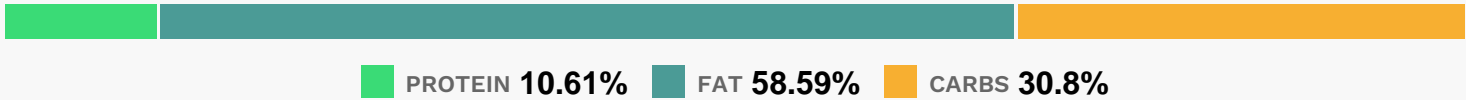
Equipment

- ☐ bowl
- ☐ pot
- ☐ colander

Directions

- ☐ Boil the potatoes:
- ☐ Place potatoes in a large pot, cover with cold water by an inch. (If you haven't already hard boiled the eggs, you can boil the eggs with the potatoes.) Bring to a boil and add about a teaspoon of salt. Lower the heat to a simmer and cover. Cook until the potatoes are fork tender, about 10 minutes.
- ☐ Drain in a colander.
- ☐ Make the dressing: While you are boiling the potatoes, mix the sugar, vinegar, mayonnaise and mustard in with the celery, peppers and onion in a large bowl.
- ☐ Mix warm potatoes with dressing: While the potatoes are still warm, gently mix them in with the dressing. Stirring them in while warm will allow the potatoes to soak in the seasonings better.
- ☐ Add hard boiled eggs: Gently fold the chopped hard boiled eggs into the potato mixture until well combined. Taste the potato salad and add salt to taste.
- ☐ Put the salad in the fridge for at least an hour before serving.
- ☐ Serve chilled, garnished with paprika or Cajun seasoning.

Nutrition Facts



Properties

Glycemic Index:59.97, Glycemic Load:20.38, Inflammation Score:-8, Nutrition Score:19.993913132211%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 416.74kcal (20.84%), Fat: 27.41g (42.18%), Saturated Fat: 5.07g (31.66%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 26.76g (9.73%), Sugar: 4.24g (4.71%), Cholesterol: 198.26mg (66.09%), Sodium: 684.26mg (29.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.34%), Vitamin C: 47.11mg (57.1%), Vitamin K: 56µg (53.33%), Selenium: 23.8µg (34%), Vitamin B6: 0.63mg (31.71%), Vitamin A: 1414.52IU (28.29%), Potassium: 871.98mg (24.91%), Fiber: 5.67g (22.66%), Phosphorus: 217.7mg (21.77%), Manganese: 0.43mg (21.53%), Vitamin B2: 0.36mg (21.47%), Iron: 2.72mg (15.09%), Vitamin B1: 0.22mg (14.8%), Vitamin E: 2.21mg (14.77%), Folate: 59.02µg (14.76%), Magnesium: 58.45mg (14.61%), Vitamin B5: 1.37mg (13.74%), Copper: 0.23mg (11.38%), Vitamin B3: 2.09mg (10.47%), Vitamin B12: 0.59µg (9.81%), Zinc: 1.29mg (8.6%), Vitamin D: 1.16µg (7.71%), Calcium: 73.51mg (7.35%)