



Curried Potato Salad

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



10

CALORIES



308 kcal

SIDE DISH

Ingredients

- 2 stalks celery diced
- 1 tablespoon curry powder
- 2 eggs
- 3 green onions thinly sliced
- 1 cup mayonnaise
- 2 apples red cored cut into 1/2-inch chunks
- 0.5 cup onion red chopped
- 2 pounds potatoes red peeled

- 10 servings salt and pepper to taste
- 1 cup cup heavy whipping cream sour
- 0.3 cup relish sweet

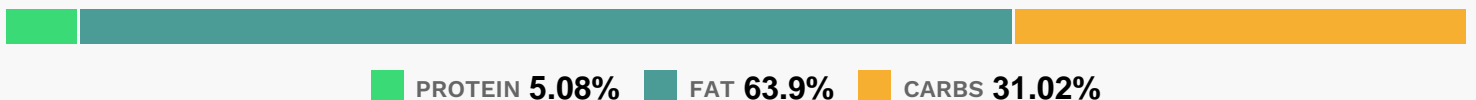
Equipment

- bowl
- sauce pan
- whisk
- pot

Directions

- Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Drain and allow to steam dry for a minute or two. Allow the potatoes to cool, then cut into chunks.
- While the potatoes are cooking, place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes.
- Pour out the hot water, then cool the eggs under cold running water in the sink. Peel and chop once cold.
- In a large salad bowl, whisk together the mayonnaise and sour cream until smooth, then stir in the apple chunks, red onion, pickle relish, celery, green onions, curry powder, and salt and pepper. Lightly stir in the potato chunks and eggs, toss to coat with dressing, cover the bowl, and chill at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:17.8, Glycemic Load:1.65, Inflammation Score:-5, Nutrition Score:9.5117390985074%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 308.26kcal (15.41%), Fat: 22.38g (34.44%), Saturated Fat: 5.29g (33.04%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 21.41g (7.79%), Sugar: 8.23g (9.14%), Cholesterol: 55.71mg (18.57%), Sodium: 429.63mg (18.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Vitamin K: 55.87µg (53.21%), Potassium: 550.34mg (15.72%), Vitamin C: 11.33mg (13.73%), Fiber: 3.04g (12.16%), Vitamin B6: 0.22mg (11.04%), Phosphorus: 107.47mg (10.75%), Manganese: 0.2mg (9.93%), Copper: 0.17mg (8.26%), Vitamin E: 1.2mg (8%), Folate: 31.75µg (7.94%), Vitamin B2: 0.13mg (7.88%), Vitamin A: 383.87IU (7.68%), Magnesium: 29.59mg (7.4%), Iron: 1.24mg (6.9%), Selenium: 4.72µg (6.74%), Vitamin B1: 0.1mg (6.59%), Vitamin B3: 1.19mg (5.96%), Vitamin B5: 0.56mg (5.59%), Calcium: 52.01mg (5.2%), Zinc: 0.61mg (4.06%), Vitamin B12: 0.15µg (2.56%), Vitamin D: 0.22µg (1.47%)