



Curried Potato Salad



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup carrots shredded
- ☐ 2 tablespoons cashew pieces unsalted chopped
- ☐ 0.3 cup celery thinly sliced
- ☐ 2 teaspoons regular curry powder
- ☐ 0.5 cup green onions divided thinly sliced
- ☐ 1.5 teaspoons pepper sauce hot (such as Tabasco)
- ☐ 0.8 cup greek yogurt plain 2%
- ☐ 2 pounds bliss potatoes red peeled cut into 1-inch pieces

☐ 0.8 teaspoon salt

Equipment

☐ bowl

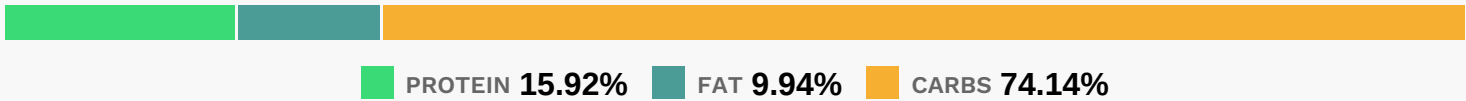
☐ sauce pan

☐ whisk

Directions

- ☐ Place the potatoes in a medium saucepan; cover with cold water. Bring to a boil. Reduce heat, and simmer 10 minutes or until tender.
- ☐ Drain and cool.
- ☐ Combine yogurt and next 3 ingredients (through salt), stirring with a whisk.
- ☐ Place cooled potatoes in a large bowl.
- ☐ Add carrots, 5 tablespoons green onions, celery, and yogurt mixture; toss gently to combine.
- ☐ Sprinkle with remaining 3 tablespoons green onions and cashews.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:28.1, Glycemic Load:15.17, Inflammation Score:-9, Nutrition Score:10.566087163013%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 121.8kcal (6.09%), Fat: 1.39g (2.13%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 19.97g (7.26%), Sugar: 2.44g (2.71%), Cholesterol: 0.94mg (0.31%), Sodium: 264.6mg (11.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Vitamin A: 2095.09IU (41.9%), Vitamin C: 24.98mg (30.28%), Vitamin B6: 0.39mg (19.37%), Vitamin K: 19.28µg (18.36%), Potassium: 595.78mg (17.02%), Manganese:

0.27mg (13.52%), Fiber: 3.31g (13.25%), Phosphorus: 114.31mg (11.43%), Magnesium: 39.91mg (9.98%), Copper: 0.2mg (9.85%), Vitamin B1: 0.12mg (7.95%), Iron: 1.36mg (7.53%), Vitamin B3: 1.44mg (7.22%), Folate: 28.69µg (7.17%), Vitamin B2: 0.11mg (6.28%), Calcium: 48.07mg (4.81%), Vitamin B5: 0.47mg (4.68%), Zinc: 0.65mg (4.35%), Selenium: 2.85µg (4.07%), Vitamin B12: 0.13µg (2.19%), Vitamin E: 0.27mg (1.81%)