



Deviled Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



409 kcal

SIDE DISH

Ingredients

- ☐ 4 servings coarse salt
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 onion
- ☐ 1 teaspoon cayenne pepper sauce red hot (recommended: Tabasco or Frank's)
- ☐ 5 potatoes diced all-purpose peeled
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 scallions thinly sliced for garnish
- ☐ 1 teaspoon paprika sweet

☐ 3 tablespoons mustard yellow prepared

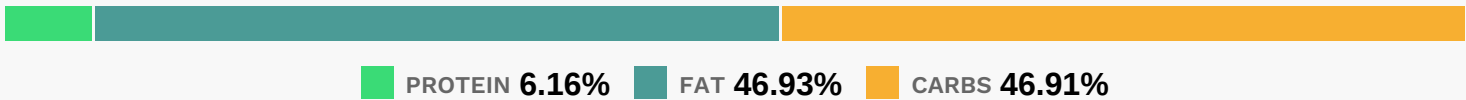
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ mixing bowl
- ☐ pot
- ☐ grater

Directions

- ☐ Boil potatoes in water seasoned with coarse salt until they are tender, about 10 minutes.
- ☐ Drain cooked potatoes and return to the warm pot to dry them out.
- ☐ Let the potatoes stand 2 minutes, then spread potatoes out on to a cookie sheet to quick-cool them.
- ☐ In the bottom of a medium mixing bowl, grate 1/4 onion using a hand grater.
- ☐ Add mustard and mayonnaise, paprika and cayenne pepper sauce to the grated onion and stir to combine.
- ☐ Add potatoes to the bowl and stir to evenly distribute dressing. Season potato salad with salt and pepper and taste to adjust your seasonings. Top servings of salad with chopped scallions.

Nutrition Facts



Properties

Glycemic Index:67.94, Glycemic Load:34.42, Inflammation Score:-7, Nutrition Score:17.895217447177%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 408.61kcal (20.43%), Fat: 21.65g (33.31%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 48.69g (16.23%), Net Carbohydrates: 41.87g (15.23%), Sugar: 2.88g (3.2%), Cholesterol: 11.76mg (3.92%), Sodium: 550.69mg (23.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.78%), Vitamin C: 54.14mg (65.62%), Vitamin K: 63.88µg (60.84%), Vitamin B6: 0.82mg (40.92%), Potassium: 1182.75mg (33.79%), Fiber: 6.81g (27.26%), Manganese: 0.5mg (24.8%), Phosphorus: 175.73mg (17.57%), Magnesium: 69.87mg (17.47%), Vitamin B1: 0.25mg (16.35%), Copper: 0.31mg (15.7%), Vitamin B3: 2.96mg (14.8%), Iron: 2.53mg (14.08%), Folate: 50.2µg (12.55%), Vitamin B5: 0.9mg (8.97%), Vitamin E: 1.17mg (7.77%), Selenium: 5.38µg (7.68%), Vitamin A: 338.29IU (6.77%), Vitamin B2: 0.11mg (6.53%), Zinc: 0.94mg (6.3%), Calcium: 48.89mg (4.89%)