



Deviled Potato Salad with Sausage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup olives black pitted coarsely chopped
- ☐ 2 tablespoons brown sugar
- ☐ 1.5 tablespoons dijon mustard
- ☐ 8 ounces green beans rinsed ends trimmed cut in 1-inch pieces
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parsley minced

- ☐ 3 pounds thin-skinned potatoes scrubbed cut into 1-inch chunks
- ☐ 8 servings salt and pepper
- ☐ 2 sausages fully cooked (10 oz. total)
- ☐ 8 oz oso sweet peeled sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ In a 6- to 8-quart pan over high heat, bring 3 quarts water to a boil.
- ☐ Add beans and cook until crisp-tender, 1 to 2 minutes.
- ☐ Remove beans from water with a slotted spoon or strainer and rinse under cold running water until cool. Return water to a boil.
- ☐ Add potatoes, reduce heat as necessary to maintain a simmer, and cook until potatoes are tender when pierced, 15 to 20 minutes.
- ☐ Drain.
- ☐ Meanwhile, in a small bowl, mix olive oil and brown sugar.
- ☐ Place onion slices and sausages on a baking sheet and brush generously with brown sugar mixture. Broil 6 inches from heat until onions and sausages are lightly browned and onions are tender when pierced, 8 to 10 minutes.
- ☐ Let stand until cool enough to handle. Coarsely chop onion. Slice sausages 1/2 inch thick.
- ☐ In a large bowl, combine beans, potatoes, onion, sausages, mayonnaise, mustard, vinegar, olives, and parsley.
- ☐ Mix gently to coat, adding salt and pepper to taste.
- ☐ Serve warm, or chill until cold, about 2 hours.

Nutrition Facts



 **PROTEIN 9.54%**  **FAT 44.77%**  **CARBS 45.69%**

Properties

Glycemic Index:29.75, Glycemic Load:1.28, Inflammation Score:-6, Nutrition Score:13.984782825346%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 309.03kcal (15.45%), Fat: 15.67g (24.1%), Saturated Fat: 3.37g (21.05%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 31.7g (11.53%), Sugar: 8.77g (9.74%), Cholesterol: 18.24mg (6.08%), Sodium: 530.46mg (23.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.02%), Vitamin K: 61.68µg (58.74%), Potassium: 951.55mg (27.19%), Vitamin C: 22.1mg (26.79%), Vitamin B6: 0.44mg (21.91%), Manganese: 0.35mg (17.59%), Fiber: 4.28g (17.12%), Vitamin B3: 3.26mg (16.28%), Vitamin B1: 0.24mg (15.99%), Phosphorus: 158.33mg (15.83%), Copper: 0.29mg (14.7%), Magnesium: 54.24mg (13.56%), Folate: 50.3µg (12.58%), Iron: 2.15mg (11.92%), Vitamin A: 410.34IU (8.21%), Zinc: 1.19mg (7.91%), Vitamin E: 1.15mg (7.67%), Vitamin B5: 0.74mg (7.42%), Vitamin B2: 0.12mg (7.01%), Calcium: 47.72mg (4.77%), Selenium: 2.37µg (3.38%), Vitamin B12: 0.19µg (3.15%), Vitamin D: 0.29µg (1.93%)