



Deviled Potatoes



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon cider vinegar
- ☐ 1 sprigs garnishes: dill coarsely ground pepper fresh
- ☐ 0.1 teaspoon hot sauce
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 lb petite red yellow oval-shaped

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon spicy brown mustard
- ☐ 2 tablespoons sweet-hot pickle relish

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Place potatoes in a small bowl, and drizzle with oil.
- ☐ Sprinkle with 1 tsp. kosher salt; toss to coat.
- ☐ Place on a baking sheet.
- ☐ Bake at 350 for 40 to 45 minutes or until tender.
- ☐ Remove from oven, and let cool 15 minutes.
- ☐ Cut each potato in half lengthwise. Carefully scoop out potato pulp into a bowl, leaving shells intact. Discard 4 potato shells.
- ☐ Place remaining shells on baking sheet, and bake 10 more minutes.
- ☐ Let cool 30 minutes or until completely cool.
- ☐ Add mayonnaise, next 6 ingredients, and, if desired, celery seed, to potato pulp in bowl. Beat at medium speed with an electric mixer until blended. Spoon mixture generously into each potato shell. Cover and chill 2 hours.
- ☐ Sprinkle with paprika just before serving, if desired.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Wickles Original Pickle Relish.

Nutrition Facts



 **PROTEIN 13.78%**  **FAT 47.81%**  **CARBS 38.41%**

Properties

Glycemic Index:19.19, Glycemic Load:2.22, Inflammation Score:-5, Nutrition Score:6.7873913242441%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 90.91kcal (4.55%), Fat: 4.91g (7.56%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 5.56g (2.02%), Sugar: 3.25g (3.61%), Cholesterol: 1.96mg (0.65%), Sodium: 307.73mg (13.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Vitamin C: 22.74mg (27.56%), Vitamin K: 22.58µg (21.51%), Fiber: 3.32g (13.28%), Manganese: 0.25mg (12.63%), Vitamin B1: 0.15mg (10.21%), Folate: 37.17µg (9.29%), Vitamin A: 442IU (8.84%), Phosphorus: 63.9mg (6.39%), Vitamin B3: 1.2mg (6.01%), Copper: 0.1mg (5.25%), Iron: 0.9mg (5.02%), Magnesium: 19.68mg (4.92%), Vitamin B6: 0.1mg (4.86%), Zinc: 0.72mg (4.8%), Vitamin B2: 0.08mg (4.54%), Potassium: 143.94mg (4.11%), Vitamin E: 0.4mg (2.65%), Selenium: 1.28µg (1.82%), Calcium: 15.68mg (1.57%)