



WHATSheATE



Dijon-Potato Salad with Smoked Chicken Sausage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup celery finely chopped
- ☐ 12 ounce mild chicken sausage smoked sliced quartered (such as Gerhard's)
- ☐ 0.3 cup dijon mustard
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup onion red finely chopped
- ☐ 2 pounds potatoes diced red

☐ 0.3 teaspoon salt

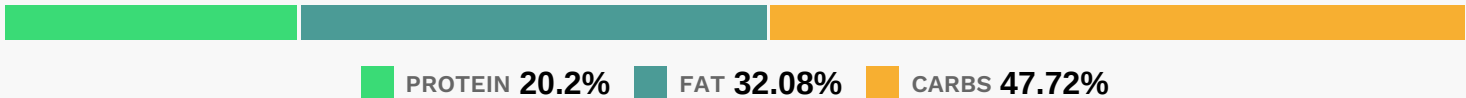
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Steam potato, covered, 10 minutes or until tender.
- ☐ Place a medium nonstick skillet over medium-high heat until hot.
- ☐ Add sausage; saut 2 minutes.
- ☐ Combine potato and sausage in a large bowl.
- ☐ Add celery and remaining ingredients; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:12.631304406601%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 352.42kcal (17.62%), Fat: 13.07g (20.1%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 43.74g (14.58%), Net Carbohydrates: 38.41g (13.97%), Sugar: 5.35g (5.95%), Cholesterol: 60.04mg (20.01%), Sodium: 1295.43mg (56.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.51g (37.03%), Potassium: 1130.63mg (32.3%), Vitamin C: 24.1mg (29.21%), Manganese: 0.46mg (23.09%), Vitamin B6: 0.44mg (21.77%), Fiber: 5.33g (21.33%), Phosphorus: 170.08mg (17.01%), Copper: 0.33mg (16.69%), Magnesium: 63.69mg (15.92%), Vitamin B1: 0.24mg (15.72%), Iron: 2.79mg (15.51%), Vitamin B3: 2.79mg (13.95%), Folate: 51.39µg (12.85%), Selenium: 8.35µg (11.93%),

Vitamin K: 10.87µg (10.35%), Vitamin A: 388.82IU (7.78%), Vitamin B5: 0.76mg (7.57%), Zinc: 0.94mg (6.24%),
Vitamin B2: 0.1mg (5.73%), Calcium: 46.27mg (4.63%)