



Dilly Bean Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



368 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 0.8 cup celery leaves fresh coarsely chopped
- ☐ 2 large hardboiled eggs peeled quartered
- ☐ 8 servings kosher salt
- ☐ 1 cup mayonnaise ()
- ☐ 6 tablespoons red wine vinegar ()
- ☐ 1 cup shallots halved lengthwise very thinly sliced
- ☐ 1 large pinch paprika smoked

- ☐ 3 cups watercress wild trimmed coarsely chopped
- ☐ 3 pounds baby yukon gold potatoes

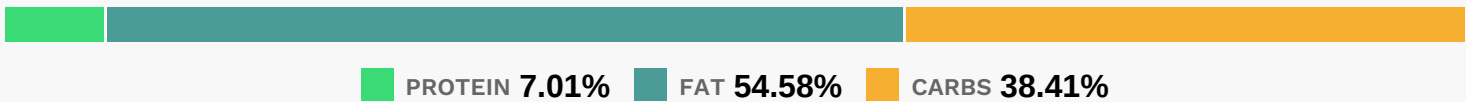
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place shallots in a small bowl. Stir in 6 tablespoons red wine vinegar and a large pinch of salt; set aside.
- ☐ Cook potatoes in a large saucepan of boiling salted water until just tender, about 30 minutes.
- ☐ Drain potatoes well; transfer to a large bowl. Lightly crush potatoes with the back of a large spoon; transfer to a large bowl.
- ☐ Add shallot-vinegar mixture to hot potatoes and toss to incorporate. Season with salt and pepper.
- ☐ Whisk 1 cup mayonnaise and smoked paprika in a small bowl; add to potatoes and toss to combine. Fold in watercress, beans, and eggs and season to taste with salt, pepper, and more vinegar, if desired.
- ☐ Garnish with parsley. DO AHEAD: Can be made 1 day ahead. Cover and chill. Return to room temperature before serving, if desired, stirring in additional mayonnaise if dry.
- ☐ Bon Appétit
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:34.34, Glycemic Load:23.14, Inflammation Score:-8, Nutrition Score:18.247826078664%

Flavonoids

Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 368.21kcal (18.41%), Fat: 22.53g (34.66%), Saturated Fat: 3.75g (23.43%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 30.66g (11.15%), Sugar: 4.04g (4.49%), Cholesterol: 58.38mg (19.46%), Sodium: 410.23mg (17.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.02%), Vitamin K: 173.54µg (165.27%), Vitamin C: 48.9mg (59.27%), Vitamin B6: 0.65mg (32.28%), Potassium: 918.08mg (26.23%), Manganese: 0.41mg (20.62%), Vitamin A: 1030.6IU (20.61%), Fiber: 5.01g (20.03%), Phosphorus: 154.44mg (15.44%), Folate: 53.95µg (13.49%), Magnesium: 53.2mg (13.3%), Iron: 2.35mg (13.07%), Vitamin B1: 0.18mg (12.11%), Copper: 0.24mg (11.92%), Vitamin B3: 1.97mg (9.86%), Vitamin B2: 0.15mg (8.96%), Vitamin B5: 0.88mg (8.79%), Vitamin E: 1.28mg (8.55%), Selenium: 5.49µg (7.85%), Calcium: 64.43mg (6.44%), Zinc: 0.87mg (5.8%), Vitamin B12: 0.17µg (2.87%), Vitamin D: 0.33µg (2.21%)