



Eggy Potato Salad with Pickles



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



232 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground plus more
- ☐ 1.5 tablespoons dijon mustard
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 5 large hardboiled egg yolks
- ☐ 1.3 teaspoons kosher salt plus more
- ☐ 0.5 cup mayonnaise
- ☐ 10 servings paprika
- ☐ 2 tablespoons onion red chopped

- ☐ 2.8 pounds red-skinned potatoes peeled (8)
- ☐ 1 teaspoon sugar
- ☐ 8 sweet-pickle chips
- ☐ 0.3 cup pickle juice from jar sweet

Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Place potatoes in a large pot.
- ☐ Add water to cover by 2", season with salt, and bring to a boil. Reduce heat to medium and cook until potatoes are tender when pierced with a knife, 20–30 minutes.
- ☐ Drain.
- ☐ Place potatoes in a large bowl and let cool slightly.
- ☐ Meanwhile, whisk mayonnaise, pickle juice, Dijon mustard, sugar, 1/4 teaspoon pepper, and 1 1/4 teaspoons salt in a small bowl for dressing.
- ☐ Using a large wooden spoon, coarsely smash potatoes, leaving some larger pieces mixed with some well-mashed pieces.
- ☐ Add dressing and egg yolks to potatoes and toss to coat, coarsely mashing egg yolks.
- ☐ Add onion and parsley; gently mix to incorporate. Season to taste with more salt and pepper, if desired. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Divide potato salad among small paper cups or bowls; dust with paprika. Top each serving with a pickle chip.

Nutrition Facts



Properties

Glycemic Index:25.81, Glycemic Load:0.43, Inflammation Score:-7, Nutrition Score:11.971304323362%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 231.88kcal (11.59%), Fat: 11.63g (17.9%), Saturated Fat: 2.24g (13.97%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 23.52g (8.55%), Sugar: 6.34g (7.05%), Cholesterol: 97.95mg (32.65%), Sodium: 622.03mg (27.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.31%), Vitamin K: 46.22µg (44.02%), Vitamin A: 1353.19IU (27.06%), Potassium: 678.36mg (19.38%), Vitamin B6: 0.3mg (14.78%), Vitamin C: 12.11mg (14.67%), Selenium: 9.49µg (13.56%), Phosphorus: 134.88mg (13.49%), Fiber: 3.19g (12.75%), Manganese: 0.25mg (12.42%), Vitamin B2: 0.2mg (11.92%), Iron: 1.8mg (10.01%), Copper: 0.2mg (9.85%), Folate: 36.95µg (9.24%), Magnesium: 36.79mg (9.2%), Vitamin B1: 0.14mg (9.08%), Vitamin E: 1.31mg (8.71%), Vitamin B3: 1.7mg (8.5%), Vitamin B5: 0.79mg (7.9%), Zinc: 0.83mg (5.53%), Vitamin B12: 0.29µg (4.85%), Calcium: 46.04mg (4.6%), Vitamin D: 0.57µg (3.82%)