



Fingerling Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 2 tablespoons brown mustard seeds
- ☐ 1 tablespoon dijon mustard
- ☐ 3.5 pounds fingerling potatoes unpeeled cut into 3/4"-1" pieces
- ☐ 1 tablespoon kosher salt plus more for seasoning
- ☐ 5 cups leek white halved lengthwise (and palegreen parts only)
- ☐ 9 tablespoons olive oil extra virgin extra-virgin divided ()
- ☐ 1 tablespoon citrus champagne vinegar ()

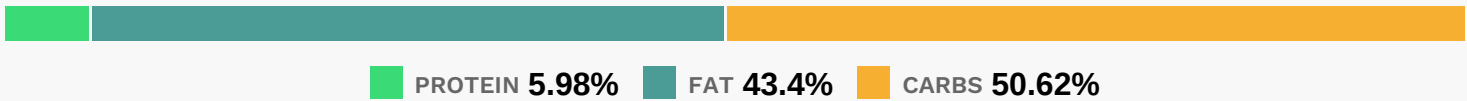
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ pot

Directions

- ☐ Place potatoes in a large pot.
- ☐ Add enough cold water to cover by 3". Stir in 1 tablespoons salt and bring to a boil. Reduce heat to medium and simmer until potatoes are tender, about 10 minutes.
- ☐ Drain.
- ☐ Transfer to a large rimmed baking sheet and let cool slightly.
- ☐ Heat 3 tablespoons oil in a small skillet over medium-high heat.
- ☐ Add mustard seeds to skillet and cook, stirring occasionally, until seeds start to pop, about 2 minutes.
- ☐ Pour oil with seeds into a large bowl.
- ☐ Heat 2 tablespoons oil in a large skillet over medium heat.
- ☐ Add leeks, season with salt, and cook, stirring occasionally, until just tender, 10-12 minutes.
- ☐ Whisk remaining 4 tablespoons oil, vinegar, Dijon mustard, and 1 tablespoon water into mustard-seed oil.
- ☐ Add potatoes and leeks; toss to coat. Season with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover; chill. Return to room temperature before serving, adding more oil and vinegar if dry.

Nutrition Facts



Properties

Glycemic Index:17.98, Glycemic Load:22.09, Inflammation Score:-7, Nutrition Score:13.060434704242%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 264.26kcal (13.21%), Fat: 13.08g (20.12%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 34.31g (11.44%), Net Carbohydrates: 29.88g (10.87%), Sugar: 3.02g (3.36%), Cholesterol: 0mg (0%), Sodium: 733.01mg (31.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Vitamin C: 36.66mg (44.43%), Vitamin K: 31.72µg (30.21%), Vitamin B6: 0.57mg (28.75%), Manganese: 0.49mg (24.41%), Potassium: 755.85mg (21.6%), Fiber: 4.43g (17.73%), Vitamin E: 2.27mg (15.11%), Vitamin A: 746.73IU (14.93%), Folate: 54.65µg (13.66%), Iron: 2.33mg (12.92%), Magnesium: 51.42mg (12.86%), Copper: 0.23mg (11.53%), Phosphorus: 111.28mg (11.13%), Vitamin B1: 0.16mg (10.66%), Vitamin B3: 1.88mg (9.4%), Vitamin B5: 0.54mg (5.41%), Calcium: 48.41mg (4.84%), Vitamin B2: 0.07mg (3.9%), Zinc: 0.55mg (3.67%), Selenium: 2.27µg (3.24%)