



Florentine Potato Salad



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



276 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups baby spinach fresh shredded
- ☐ 1 cup celery
- ☐ 2 slices bacon crumbled cooked
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 tablespoons green onion chopped
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.8 cup hellmann's real mayonnaise
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 3 pounds potatoes red quartered
- ☐ 1.3 teaspoons salt divided

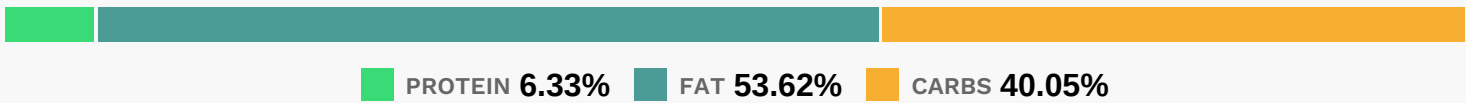
Equipment

- ☐ mixing bowl
- ☐ dutch oven

Directions

- ☐ Bring potatoes, 1 tsp. salt, and water to cover to a boil in a large Dutch oven over high heat; cook 20 to 25 minutes or until potatoes are tender.
- ☐ Drain and toss with spinach.
- ☐ Stir together mayonnaise, next 5 ingredients, and remaining 1/4 tsp salt.
- ☐ Place potato mixture in a large mixing bowl; add celery and mayonnaise mixture, stirring gently until blended. Cover and chill at least 1 hour or until ready to serve.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:13.857826050209%

Flavonoids

Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 275.72kcal (13.79%), Fat: 16.71g (25.71%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 28.09g (9.36%), Net Carbohydrates: 24.73g (8.99%), Sugar: 2.57g (2.85%), Cholesterol: 10.8mg (3.6%), Sodium: 576.78mg (25.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.87%), Vitamin K: 103.99µg (99.04%), Potassium: 868.17mg (24.8%), Vitamin C: 19.7mg (23.88%), Vitamin B6: 0.33mg (16.25%), Manganese: 0.32mg (15.98%), Vitamin A: 783.81IU (15.68%), Fiber: 3.36g (13.44%), Folate: 50.98µg (12.74%), Copper: 0.25mg (12.56%), Phosphorus: 123.49mg (12.35%), Vitamin B3: 2.28mg (11.4%), Magnesium: 45.48mg (11.37%), Vitamin B1: 0.16mg (10.72%), Iron: 1.63mg (9.07%), Vitamin E: 0.89mg (5.91%), Vitamin B5: 0.58mg (5.78%), Vitamin B2: 0.08mg

(4.86%), Zinc: 0.73mg (4.86%), Selenium: 2.47µg (3.53%), Calcium: 34.03mg (3.4%)