



German-Style Potato Salad with Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup celery finely chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.7 cup bell pepper green finely chopped
- ☐ 5 ounces simple baked ham finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.7 cup onion red finely chopped
- ☐ 2 pounds potatoes red

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup citrus champagne vinegar

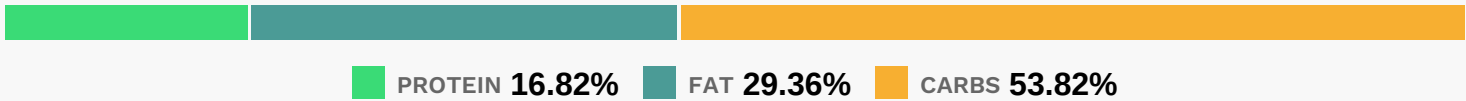
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Place potatoes in a large Dutch oven; cover with water. Bring to a boil; reduce heat, and simmer 10 minutes or until tender.
- ☐ Drain and cool slightly.
- ☐ Cut potatoes into quarters; place in a large bowl.
- ☐ Add Simple
- ☐ Baked Ham and next 7 ingredients (through black pepper). Toss gently to combine.
- ☐ Sprinkle with parsley.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:21.056956400042%

Flavonoids

Apigenin: 11.5mg, Apigenin: 11.5mg, Apigenin: 11.5mg, Apigenin: 11.5mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 300.88kcal (15.04%), Fat: 9.92g (15.25%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 40.9g (13.63%), Net Carbohydrates: 35.57g (12.94%), Sugar: 5.03g (5.59%), Cholesterol: 21.97mg (7.32%), Sodium: 778.64mg

(33.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.78g (25.56%), Vitamin K: 100.23µg (95.46%), Vitamin C: 48.98mg (59.37%), Potassium: 1318.54mg (37.67%), Vitamin B6: 0.63mg (31.57%), Vitamin B1: 0.43mg (28.86%), Phosphorus: 237.63mg (23.76%), Manganese: 0.45mg (22.47%), Vitamin B3: 4.48mg (22.42%), Fiber: 5.33g (21.33%), Copper: 0.38mg (19.01%), Magnesium: 68.07mg (17.02%), Folate: 66.15µg (16.54%), Iron: 2.59mg (14.38%), Selenium: 9.42µg (13.46%), Vitamin A: 643.55IU (12.87%), Zinc: 1.74mg (11.62%), Vitamin B2: 0.18mg (10.72%), Vitamin B5: 0.94mg (9.36%), Vitamin E: 0.86mg (5.72%), Calcium: 52.74mg (5.27%), Vitamin B12: 0.23µg (3.78%), Vitamin D: 0.25µg (1.65%)