

Green Onion Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



430 kcal

SIDE DISH

Ingredients

- 0.3 cup parsley fresh chopped
- 6 spring onion thinly sliced (green and pale green part)
- 0.3 teaspoon pepper black
- 1 jalapeno chopped
- 2 teaspoons kosher salt
- 1.3 cups mayonnaise best foods®
- 2 pounds potatoes - remove skin red
- 2 tablespoons citrus champagne vinegar

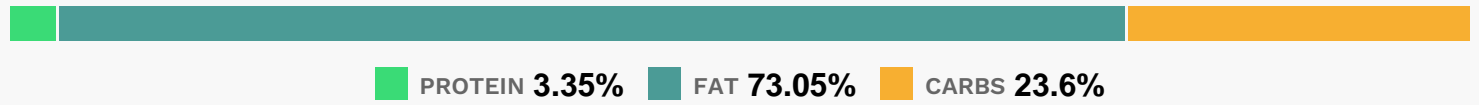
Equipment

- bowl
- pot

Directions

- Cover potatoes with water in 4-quart saucepot. Bring to a boil over medium-high heat.
- Add 1 tablespoon salt. Reduce heat to low and simmer 10 minutes or until potatoes are tender; drain and cool slightly. Slice into 1/4-inch-thick slices.
- Combine Hellmann's® or Best Foods® Real Mayonnaise, vinegar, jalapeno peppers, salt and black pepper in large bowl. Stir in remaining ingredients and toss gently. Season, if desired, with additional salt and pepper.
- Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:12.896087058212%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 429.75kcal (21.49%), Fat: 35.17g (54.11%), Saturated Fat: 5.52g (34.52%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 22.51g (8.19%), Sugar: 2.61g (2.9%), Cholesterol: 19.6mg (6.53%), Sodium: 1102.52mg (47.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Vitamin K: 146.86µg (139.87%), Vitamin C: 21.38mg (25.91%), Potassium: 753.26mg (21.52%), Vitamin B6: 0.28mg (14.02%), Manganese: 0.26mg (12.84%), Fiber: 3.05g (12.21%), Vitamin E: 1.71mg (11.43%), Copper: 0.23mg (11.42%), Phosphorus: 109.06mg (10.91%), Folate: 41.67µg (10.42%), Magnesium: 38.09mg (9.52%), Vitamin B3: 1.86mg (9.32%), Vitamin B1: 0.14mg (9.13%), Iron: 1.58mg (8.76%), Vitamin A: 396.77IU (7.94%), Vitamin B5: 0.53mg (5.3%), Zinc: 0.65mg (4.34%), Vitamin B2: 0.07mg (4.09%), Calcium: 32.37mg (3.24%), Selenium: 1.92µg (2.74%)