



Grilled Yukon Gold Potato Salad with Red Pepper-Smoked Paprika Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



52 min.

SERVINGS



4

CALORIES



518 kcal

SIDE DISH

Ingredients

- ☐ 4 servings canola oil
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup flat-leaf parsley plus more for garnish chopped
- ☐ 2 cloves garlic chopped
- ☐ 0.5 cup mayonnaise prepared
- ☐ 1 tablespoon paprika smoked spanish
- ☐ 2 bell peppers diced red peeled seeded

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 2 pounds yukon gold potatoes scrubbed

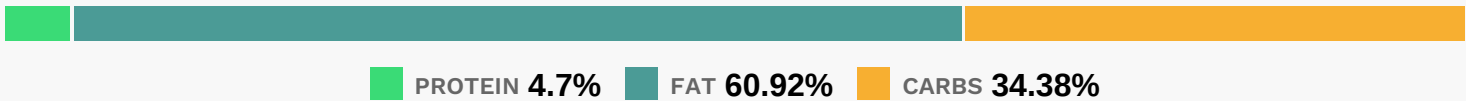
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the grill to high.
- ☐ Place the potatoes in a large saucepan and cover by 1-inch with cold water.
- ☐ Add 1 tablespoon of salt, bring to boil over high heat and cook until just cooked through, about 10 minutes.
- ☐ Drain, let cool slightly and halve.
- ☐ While the potatoes are cooking, combine the mayonnaise, mustard, peppers, garlic, vinegar, paprika and salt and pepper in a blender or food processor and process until smooth.
- ☐ Brush the cut sides of the potatoes with oil and season with salt and pepper. Grill cut side down until lightly golden brown, about 2 minutes.
- ☐ Toss the potatoes with the red pepper mayonnaise while still warm, mashing slightly to break them up. Fold in the parsley and season with salt and pepper, if needed.

Nutrition Facts



Properties

Glycemic Index:76.69, Glycemic Load:30.09, Inflammation Score:-10, Nutrition Score:25.290869699872%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 518.32kcal (25.92%), Fat: 35.85g (55.15%), Saturated Fat: 4.46g (27.9%), Carbohydrates: 45.52g (15.17%), Net Carbohydrates: 38.17g (13.88%), Sugar: 4.76g (5.29%), Cholesterol: 11.76mg (3.92%), Sodium: 280.15mg (12.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.45%), Vitamin C: 126.36mg (153.16%), Vitamin K: 126.05µg (120.05%), Vitamin A: 3069.53IU (61.39%), Vitamin B6: 0.91mg (45.47%), Potassium: 1166.69mg (33.33%), Vitamin E: 4.9mg (32.65%), Fiber: 7.35g (29.41%), Manganese: 0.52mg (26.01%), Folate: 72.2µg (18.05%), Magnesium: 68.87mg (17.22%), Phosphorus: 169.15mg (16.91%), Vitamin B3: 3.25mg (16.26%), Vitamin B1: 0.24mg (16.18%), Iron: 2.86mg (15.87%), Copper: 0.29mg (14.51%), Vitamin B5: 1mg (10%), Vitamin B2: 0.16mg (9.44%), Zinc: 1.03mg (6.88%), Selenium: 4.27µg (6.09%), Calcium: 50.91mg (5.09%)