



HEALTH SCORE

70%

Horseradish Potato Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



1810 kcal

SIDE DISH

Ingredients

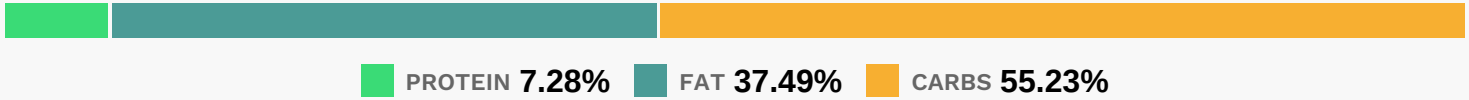
- ☐ 3 pounds baby potatoes red cooked quartered
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 tablespoons horseradish
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup onion diced red
- ☐ 1 serving salt and pepper freshly ground to taste
- ☐ 0.8 cup cup heavy whipping cream sour

Equipment

Directions

☐ Stir together potatoes, sour cream, onion, chives, mayonnaise, and horseradish. Season with salt and freshly ground pepper to taste just before serving.

Nutrition Facts



Properties

Glycemic Index:240.75, Glycemic Load:176.24, Inflammation Score:-10, Nutrition Score:60.339564945387%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.57mg, Isorhamnetin: 3.57mg, Isorhamnetin: 3.57mg, Isorhamnetin: 3.57mg Kaempferol: 12.57mg, Kaempferol: 12.57mg, Kaempferol: 12.57mg, Kaempferol: 12.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 20.99mg, Quercetin: 20.99mg, Quercetin: 20.99mg, Quercetin: 20.99mg

Nutrients (% of daily need)

Calories: 1809.88kcal (90.49%), Fat: 76.94g (118.36%), Saturated Fat: 24.4g (152.48%), Carbohydrates: 254.99g (85%), Net Carbohydrates: 222.82g (81.02%), Sugar: 21.72g (24.13%), Cholesterol: 125.29mg (41.76%), Sodium: 813.04mg (35.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.61g (67.22%), Vitamin C: 288.79mg (350.05%), Vitamin B6: 4.19mg (209.69%), Potassium: 6146.87mg (175.62%), Vitamin K: 148.73µg (141.64%), Fiber: 32.17g (128.67%), Manganese: 2.26mg (113.09%), Phosphorus: 951mg (95.1%), Magnesium: 349.83mg (87.46%), Copper: 1.57mg (78.53%), Vitamin B1: 1.17mg (77.74%), Vitamin B3: 14.77mg (73.83%), Folate: 272.11µg (68.03%), Iron: 11.31mg (62.81%), Vitamin B5: 4.84mg (48.41%), Vitamin B2: 0.77mg (45.46%), Calcium: 383.45mg (38.35%), Vitamin A: 1720.36IU (34.41%), Zinc: 5.01mg (33.43%), Selenium: 12.98µg (18.54%), Vitamin E: 2.67mg (17.8%), Vitamin B12: 0.43µg (7.16%)