



Irish Potato Salad with Apples



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



598 kcal

SIDE DISH

Ingredients

- ☐ 1 cup i apples diced green
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 5 stalks celery diced
- ☐ 1 teaspoon celery seed
- ☐ 0.5 cup cider vinegar
- ☐ 1 bunch green onions diced
- ☐ 1 optional: lemon
- ☐ 1 cup mayonnaise

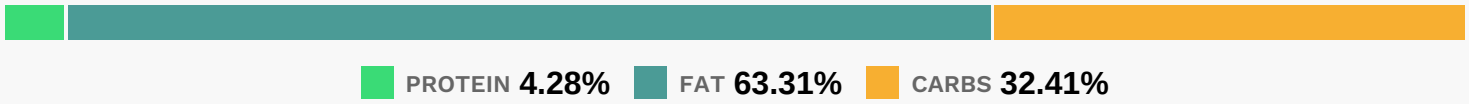
- ☐ 1 bunch parsley chopped
- ☐ 2 pounds potatoes red halved
- ☐ 4 servings salt and pepper
- ☐ 1 onion diced white

Equipment

Directions

- ☐ Boil potatoes until fork tender.
- ☐ Remove from water and cool. When cool, add the rest of the ingredients and mix together.

Nutrition Facts



Properties

Glycemic Index:75.63, Glycemic Load:2.9, Inflammation Score:-9, Nutrition Score:22.682173941446%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 32.52mg, Apigenin: 32.52mg, Apigenin: 32.52mg, Apigenin: 32.52mg Luteolin: 5.05mg, Luteolin: 5.05mg, Luteolin: 5.05mg, Luteolin: 5.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg

Nutrients (% of daily need)

Calories: 597.72kcal (29.89%), Fat: 42.75g (65.76%), Saturated Fat: 6.72g (42.02%), Carbohydrates: 49.23g (16.41%), Net Carbohydrates: 41.85g (15.22%), Sugar: 9.42g (10.46%), Cholesterol: 23.52mg (7.84%), Sodium: 643.47mg (27.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.5g (13.01%), Vitamin K: 359.63µg (342.5%), Vitamin C: 59.19mg (71.75%), Potassium: 1413.36mg (40.38%), Vitamin A: 1664.67IU (33.29%), Fiber: 7.38g

(29.53%), Manganese: 0.58mg (28.99%), Vitamin B6: 0.52mg (26.08%), Folate: 96.57µg (24.14%), Copper: 0.4mg (19.89%), Phosphorus: 194.18mg (19.42%), Iron: 3.41mg (18.93%), Magnesium: 74.83mg (18.71%), Vitamin B1: 0.25mg (16.44%), Vitamin B3: 3.11mg (15.54%), Vitamin E: 2.32mg (15.44%), Vitamin B5: 1.02mg (10.18%), Calcium: 97.78mg (9.78%), Vitamin B2: 0.15mg (8.99%), Zinc: 1.2mg (8.01%), Selenium: 3.03µg (4.33%), Vitamin B12: 0.07µg (1.12%)