



KC-Style Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup kansas city barbecue sauce
- ☐ 0.5 teaspoon pepper black
- ☐ 3 tablespoons canola oil
- ☐ 1 cup celery finely chopped
- ☐ 2 tablespoons cider vinegar
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 2 teaspoons mustard prepared
- ☐ 0.5 cup onion finely chopped

- ☐ 3 pounds potatoes red cut into 1/2-inch pieces
- ☐ 3 tablespoons kansas city rub dry
- ☐ 1.5 teaspoons salt divided

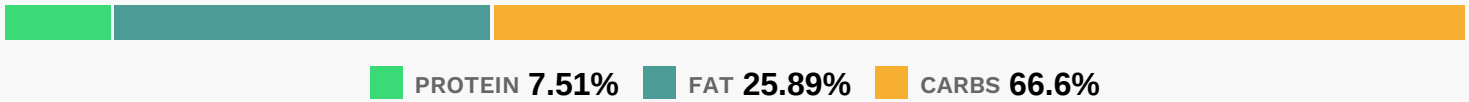
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place potatoes in a large saucepan; cover with water. Stir in Kansas City Dry Rub and 1 teaspoon salt. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- ☐ Drain.
- ☐ Combine Kansas City Barbecue Sauce, oil, vinegar, and mustard in a large bowl; stir with a whisk.
- ☐ Add warm potatoes, and toss to coat.
- ☐ Add remaining 1/2 teaspoon salt, celery, onion, parsley, and pepper; toss to combine.
- ☐ Let stand 20 minutes; serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:11.571304269459%

Flavonoids

Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 193.76kcal (9.69%), Fat: 5.75g (8.85%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 29.62g (10.77%), Sugar: 5.85g (6.5%), Cholesterol: 0mg (0%), Sodium: 584.62mg (25.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin K: 55.63µg (52.98%), Potassium: 869.11mg (24.83%), Vitamin C: 18.49mg (22.41%), Manganese: 0.41mg (20.72%), Vitamin B6: 0.34mg (17%), Fiber: 3.66g (14.64%), Copper: 0.26mg (13.07%), Phosphorus: 116.98mg (11.7%), Magnesium: 46.28mg (11.57%), Iron: 2.03mg (11.3%), Vitamin B3: 2.14mg (10.69%), Folate: 42.27µg (10.57%), Vitamin B1: 0.16mg (10.34%), Vitamin E: 1.08mg (7.22%), Vitamin A: 287.81IU (5.76%), Vitamin B5: 0.55mg (5.46%), Calcium: 46.71mg (4.67%), Zinc: 0.69mg (4.59%), Vitamin B2: 0.07mg (4.32%), Selenium: 1.61µg (2.3%)