



Mustard-Green Onion Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



666 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons dijon mustard
- ☐ 2 cloves garlic finely chopped
- ☐ 4 green onions thinly sliced
- ☐ 1 cup mayonnaise
- ☐ 3 pounds new potatoes boiled sliced into 1/ rounds
- ☐ 0.3 cup parsley chopped
- ☐ 4 servings salt and pepper freshly ground
- ☐ 3 tablespoons citrus champagne vinegar

☐ 3 tablespoons grain mustard whole

Equipment

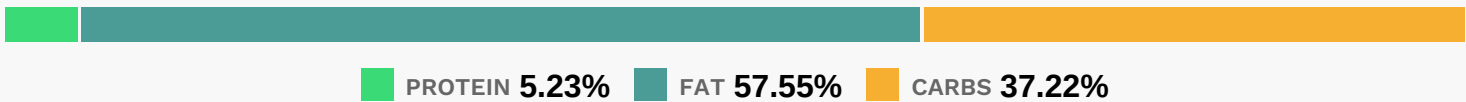
☐ bowl

☐ whisk

Directions

- ☐ Place the warm potatoes and green onions in a large bowl.
- ☐ Whisk together the mayonnaise, mustards, garlic, vinegar and parsley and season with salt and pepper, to taste.
- ☐ Add the dressing to the potatoes and carefully mix until combined.

Nutrition Facts



Properties

Glycemic Index:72.94, Glycemic Load:44.1, Inflammation Score:-8, Nutrition Score:25.312173869299%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 666.04kcal (33.3%), Fat: 43.01g (66.18%), Saturated Fat: 6.71g (41.92%), Carbohydrates: 62.59g (20.86%), Net Carbohydrates: 53.67g (19.52%), Sugar: 3.62g (4.02%), Cholesterol: 23.52mg (7.84%), Sodium: 822.48mg (35.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.8g (17.59%), Vitamin K: 184.45µg (175.66%), Vitamin C: 74.88mg (90.76%), Vitamin B6: 1.05mg (52.64%), Potassium: 1541.51mg (44.04%), Fiber: 8.92g (35.68%), Manganese: 0.67mg (33.71%), Phosphorus: 239.78mg (23.98%), Magnesium: 94.71mg (23.68%), Vitamin B1: 0.33mg (22.21%), Copper: 0.42mg (20.8%), Iron: 3.62mg (20.09%), Vitamin B3: 3.83mg (19.17%), Folate: 72.23µg (18.06%), Selenium: 10.25µg (14.64%), Vitamin E: 2.04mg (13.63%), Vitamin B5: 1.2mg (12.04%), Vitamin A: 494.85IU (9.9%), Zinc: 1.32mg (8.82%), Vitamin B2: 0.15mg (8.78%), Calcium: 76.8mg (7.68%), Vitamin B12: 0.07µg (1.12%)