



New-Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 2 rib celery thinly sliced
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup mayonnaise reduced-fat
- ☐ 3 pounds new potatoes scrubbed
- ☐ 2 tablespoons red wine vinegar
- ☐ 8 servings salt and pepper
- ☐ 1 shallots minced

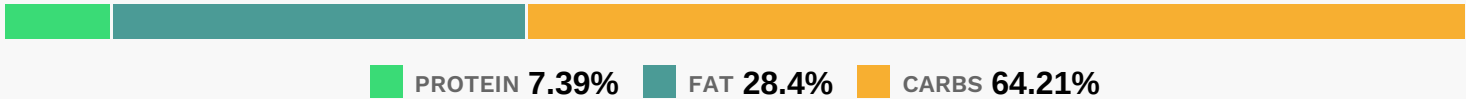
Equipment

- ☐ bowl
- ☐ pot
- ☐ kitchen towels

Directions

- ☐ Place potatoes in a large pot and pour in enough cold water to cover by 1 inch.
- ☐ Add 1 Tbsp. salt and bring to a boil over high heat. Reduce heat to medium-low and cook until potatoes are tender, 13 to 17 minutes.
- ☐ Drain, return potatoes to pot and cover with a damp kitchen towel.
- ☐ Let stand, off heat, until soft, 10 to 15 minutes.
- ☐ In a small bowl, combine mayonnaise, mustard and vinegar.
- ☐ Cut potatoes into halves or quarters. In a large bowl, mix potatoes with celery, shallot and parsley. Fold in mayonnaise mixture and season well with salt and pepper.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.22, Glycemic Load:21.9, Inflammation Score:-4, Nutrition Score:10.699565296588%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 203.26kcal (10.16%), Fat: 6.51g (10.01%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 29.06g (10.57%), Sugar: 2.63g (2.93%), Cholesterol: 4.48mg (1.49%), Sodium: 478.24mg (20.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin C: 35.13mg (42.58%), Vitamin K: 34.82µg

(33.16%), Vitamin B6: 0.52mg (25.84%), Potassium: 748.54mg (21.39%), Fiber: 4.04g (16.16%), Manganese: 0.29mg (14.55%), Phosphorus: 108.02mg (10.8%), Magnesium: 42.82mg (10.71%), Vitamin B1: 0.15mg (9.88%), Copper: 0.2mg (9.83%), Vitamin B3: 1.84mg (9.18%), Iron: 1.54mg (8.58%), Folate: 31.27µg (7.82%), Vitamin B5: 0.54mg (5.45%), Vitamin E: 0.65mg (4.35%), Zinc: 0.56mg (3.75%), Selenium: 2.55µg (3.65%), Vitamin B2: 0.06mg (3.45%), Calcium: 27.44mg (2.74%), Vitamin A: 111.15IU (2.22%)