



Octoberfest German Potato Salad



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



90 min.

SERVINGS



8

CALORIES



307 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cider vinegar
- ☐ 2 tablespoons parsley dried
- ☐ 8 servings ground pepper black to taste
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup onion chopped
- ☐ 3 pounds potatoes peeled sliced
- ☐ 2 teaspoons salt
- ☐ 0.3 cup vegetable oil

☐

2 tablespoons sugar white

Equipment

☐

bowl

☐

whisk

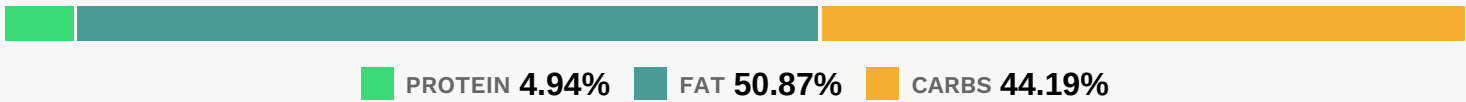
☐

pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add peeled and cut potatoes; cook until tender but still firm, about 15 minutes.
- ☐ Drain, and transfer to a large bowl.
- ☐ Add onions.
- ☐ In a large bowl, whisk together the mayonnaise, oil, vinegar, sugar, parsley, salt and pepper. Gently stir in the potatoes and onion.
- ☐ Let stand for 1 hour before serving to enhance flavors.

Nutrition Facts



Properties

Glycemic Index:37.86, Glycemic Load:24.16, Inflammation Score:-5, Nutrition Score:11.344347852728%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 306.8kcal (15.34%), Fat: 17.49g (26.9%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 34.17g (11.39%), Net Carbohydrates: 30.1g (10.95%), Sugar: 4.92g (5.47%), Cholesterol: 5.88mg (1.96%), Sodium: 683.93mg (29.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.65%), Vitamin K: 45.58µg (43.41%), Vitamin C: 34.87mg (42.27%), Vitamin B6: 0.52mg (25.98%), Potassium: 759.34mg (21.7%), Manganese: 0.37mg (18.74%), Fiber: 4.07g (16.28%), Magnesium: 43.2mg (10.8%), Phosphorus: 106.33mg (10.63%), Copper: 0.2mg (9.87%),

Vitamin B1: 0.14mg (9.54%), Vitamin B3: 1.86mg (9.28%), Iron: 1.53mg (8.53%), Folate: 30.73µg (7.68%), Vitamin E: 1.08mg (7.21%), Vitamin B5: 0.55mg (5.47%), Vitamin B2: 0.07mg (4.26%), Zinc: 0.57mg (3.78%), Calcium: 31.41mg (3.14%), Selenium: 0.99µg (1.42%)