



Paul Revere Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



278 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 2 ribs celery chopped
- ☐ 3 cloves garlic peeled
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup parsley chopped
- ☐ 4 pounds potatoes red cut into 1-inch pieces
- ☐ 12 servings salt and pepper
- ☐ 1 bunch scallions chopped

- ☐ 3 tablespoons tarragon vinegar
- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon whole-grain mustard

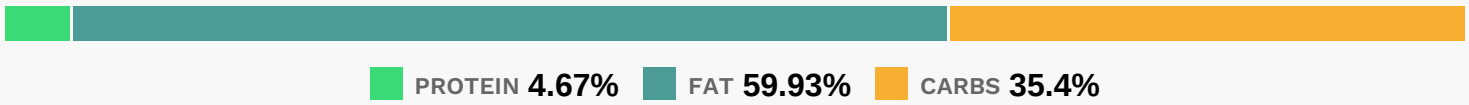
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Bring potatoes, bay leaves, garlic and cold, salted water to cover to a boil in a Dutch oven. Simmer until potatoes are tender, about 12 minutes.
- ☐ Drain. Discard bay leaves and garlic.
- ☐ Combine scallions, celery, vegetable oil, vinegar and mustard in a bowl. Season with salt and pepper.
- ☐ Add potatoes.
- ☐ Stir in mayonnaise and parsley and serve at room temperature or slightly chilled.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:11.366956342822%

Flavonoids

Apigenin: 5.58mg, Apigenin: 5.58mg, Apigenin: 5.58mg, Apigenin: 5.58mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 278.05kcal (13.9%), Fat: 18.8g (28.92%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 22.09g (8.03%), Sugar: 2.24g (2.49%), Cholesterol: 7.84mg (2.61%), Sodium: 360.55mg (15.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.59%), Vitamin K: 90.29µg (85.99%), Potassium: 733.48mg (20.96%), Vitamin C: 17.16mg (20.8%), Vitamin B6: 0.28mg (13.87%), Manganese: 0.25mg

(12.52%), Fiber: 2.89g (11.54%), Copper: 0.22mg (10.87%), Phosphorus: 102.62mg (10.26%), Magnesium: 36.69mg (9.17%), Vitamin B3: 1.81mg (9.07%), Folate: 35.77µg (8.94%), Vitamin B1: 0.13mg (8.86%), Iron: 1.38mg (7.69%), Vitamin E: 1.05mg (7.01%), Vitamin A: 285.18IU (5.7%), Vitamin B5: 0.49mg (4.9%), Zinc: 0.59mg (3.92%), Vitamin B2: 0.06mg (3.53%), Calcium: 26.81mg (2.68%), Selenium: 1.78µg (2.54%)