



Potato and Pea Salad with Chive Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



336 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 celery stalks thinly sliced
- ☐ 1 tablespoon dijon mustard
- ☐ 6 tablespoons chives fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 1 cup mayonnaise
- ☐ 1.5 cups peas green frozen thawed
- ☐ 3 pounds red-skinned new potatoes unpeeled

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3 tablespoons citrus champagne vinegar

Equipment

☐

bowl

☐

whisk

☐

pot

Directions

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Cook potatoes in large pot of boiling salted water until just tender, about 25 minutes.

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Drain; cool.

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Cut potatoes into quarters.

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Transfer to large bowl; add vinegar and toss to coat.

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Mix in celery and peas.

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Whisk mayonnaise, 5 tablespoons chives, mustard, garlic, and cayenne pepper in small bowl to blend.

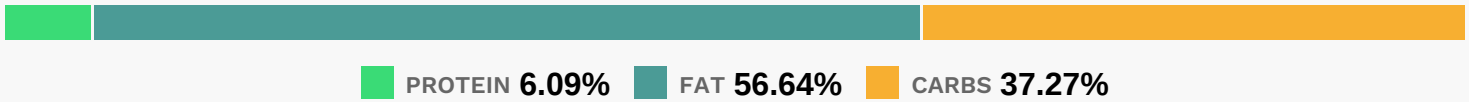
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Add to potato mixture and toss. Season generously with salt and pepper. Cover and chill at least 1 hour to allow flavors to blend. (Can be made 1 day ahead. Keep refrigerated.)

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Sprinkle with remaining 1 tablespoon chives and serve.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:1.24, Inflammation Score:-6, Nutrition Score:13.269130403581%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 335.9kcal (16.8%), Fat: 21.39g (32.9%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 31.66g (10.55%), Net Carbohydrates: 27.03g (9.83%), Sugar: 4g (4.44%), Cholesterol: 11.76mg (3.92%), Sodium: 232.27mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Vitamin K: 62.64µg (59.66%), Vitamin C: 27.17mg (32.94%), Potassium: 865.71mg (24.73%), Manganese: 0.39mg (19.37%), Fiber: 4.64g (18.54%), Vitamin B6: 0.35mg (17.68%), Vitamin B1: 0.22mg (14.68%), Copper: 0.29mg (14.48%), Phosphorus: 144.47mg (14.45%), Folate: 52.81µg (13.2%), Vitamin B3: 2.56mg (12.82%), Magnesium: 49.19mg (12.3%), Iron: 1.81mg (10.07%), Vitamin A: 370.17IU (7.4%), Vitamin E: 1.01mg (6.7%), Zinc: 0.98mg (6.53%), Vitamin B2: 0.1mg (5.88%), Vitamin B5: 0.57mg (5.72%), Selenium: 2.76µg (3.94%), Calcium: 31.69mg (3.17%)