



Potato Salad

READY IN



25 min.

SERVINGS



4

CALORIES



498 kcal

SIDE DISH

Ingredients

- ☐ 3 ribs celery with leafy tops, chopped
- ☐ 1 tablespoon celery seed
- ☐ 1 quart chicken stock see recommended: Kitchen Basics
- ☐ 1 handful a dill generous chopped
- ☐ 2 tablespoons horseradish prepared
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2.5 pounds dill russet potatoes diced peeled
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 small bunch scallions finely chopped

- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons citrus champagne vinegar

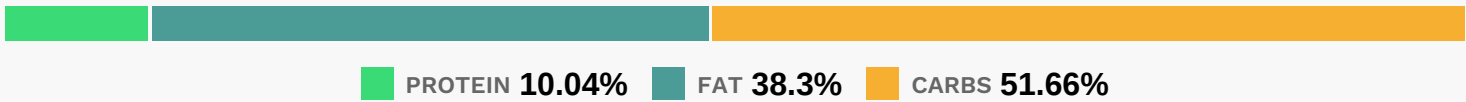
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Cover potatoes with stock and enough water to cover the potatoes by 1-inch. Bring to a boil and cook potatoes 12 to 15 minutes until tender.
- ☐ Drain potatoes and place back in hot pot.
- ☐ Combine the scallions, celery, vinegar, sugar, horseradish and olive oil in a small bowl.
- ☐ Pour over the hot potatoes to absorb.
- ☐ Season the salad with celery seed, dill, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:75.21, Glycemic Load:42.83, Inflammation Score:-6, Nutrition Score:20.06130442412%

Flavonoids

Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 11.77mg, Luteolin: 11.77mg, Luteolin: 11.77mg, Luteolin: 11.77mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 497.9kcal (24.89%), Fat: 21.57g (33.19%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 65.48g (21.83%), Net Carbohydrates: 60.7g (22.07%), Sugar: 9.64g (10.71%), Cholesterol: 7.1mg (2.37%), Sodium: 412.82mg (17.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.73g (25.46%), Vitamin B6: 1.17mg (58.39%), Potassium: 1572.4mg (44.93%), Vitamin K: 37.88µg (36.08%), Vitamin B3: 6.88mg (34.4%), Manganese: 0.63mg (31.49%), Vitamin C: 21.08mg (25.56%), Phosphorus: 240.97mg (24.1%), Copper: 0.46mg (23.16%), Magnesium: 88.55mg

(22.14%), Vitamin B1: 0.33mg (22.06%), Iron: 3.97mg (22.04%), Fiber: 4.78g (19.11%), Vitamin B2: 0.32mg (19.07%), Vitamin E: 2.82mg (18.82%), Folate: 70.98µg (17.74%), Selenium: 6.91µg (9.87%), Vitamin B5: 0.94mg (9.41%), Calcium: 92.82mg (9.28%), Zinc: 1.39mg (9.26%), Vitamin A: 225.22IU (4.5%)