



Potato Salad Bites

 Vegetarian  Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



24

CALORIES



68 kcal

SIDE DISH

Ingredients

- 12 small potatoes - remove skin red ()
- 1 teaspoon salt
- 1 hardboiled eggs finely chopped
- 0.3 cup celery chopped
- 3 tablespoons relish
- 2 tablespoons salad dressing
- 1 teaspoon mustard yellow
- 0.3 teaspoon pepper

- 2 tablespoons spring onion thinly sliced
- 0.3 cup radishes thinly sliced

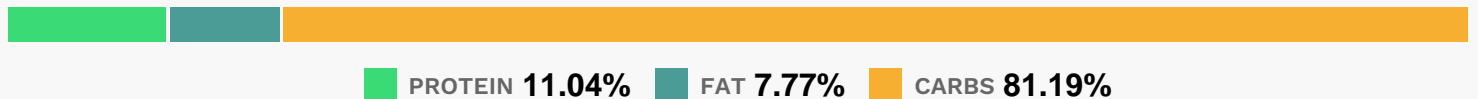
Equipment

- bowl
- frying pan
- oven
- melon baller

Directions

- Heat oven to 400°F.
- Place potatoes in ungreased 15x10x1-inch pan.
- Bake 30 to 40 minutes or until tender. Cool 10 minutes or until cool enough to handle.
- Cut potatoes in half. With melon baller, scoop out insides of potatoes into medium bowl, leaving 1/4-inch lining of potato flesh around edges of shells.
- Sprinkle shells with 1/2 teaspoon of the salt. To potato flesh in bowl, add remaining 1/2 teaspoon salt and remaining ingredients except onions and radishes; mix well, breaking up potatoes.
- Cut very thin slice off bottom of each potato shell so potatoes will stand upright. Fill each potato shell with about 1 tablespoon filling mixture. Top with onions. Cover; refrigerate about 1 hour or until chilled.
- Garnish with radish slices.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:3.9660869564699%

Flavonoids

Pelargonidin: 0.76mg, Pelargonidin: 0.76mg, Pelargonidin: 0.76mg, Pelargonidin: 0.76mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 67.92kcal (3.4%), Fat: 0.61g (0.93%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 14.25g (4.75%), Net Carbohydrates: 12.71g (4.62%), Sugar: 1.3g (1.44%), Cholesterol: 7.77mg (2.59%), Sodium: 150.51mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Potassium: 399.36mg (11.41%), Vitamin C: 7.64mg (9.26%), Vitamin B6: 0.15mg (7.51%), Manganese: 0.13mg (6.38%), Fiber: 1.54g (6.15%), Copper: 0.12mg (5.89%), Phosphorus: 57.3mg (5.73%), Vitamin B3: 1mg (5%), Magnesium: 19.8mg (4.95%), Vitamin B1: 0.07mg (4.82%), Folate: 17.25µg (4.31%), Vitamin K: 4.52µg (4.31%), Iron: 0.69mg (3.84%), Vitamin B5: 0.27mg (2.72%), Vitamin B2: 0.04mg (2.32%), Zinc: 0.32mg (2.1%), Selenium: 1.18µg (1.68%), Calcium: 11.15mg (1.12%)