



## Potato Salad Fra Diavolo

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

### Ingredients

- 3 ribs celery with leafy greens, finely chopped
- 2 tablespoons chili powder
- 1 tablespoon coarse salt and pepper
- 1 handful a flat-leaf parsley fresh generous coarsely chopped
- 2 tablespoons grainy mustard
- 1 tablespoon fennel powder
- 0.3 cup olive oil extra-virgin
- 3 tablespoons pepper rings yellow hot chopped

- 1 small onion red chopped
- 2 tablespoons red wine vinegar
- 6 servings salt
- 1 tablespoon paprika smoked sweet
- 2.5 pounds baby yukon gold potatoes halved

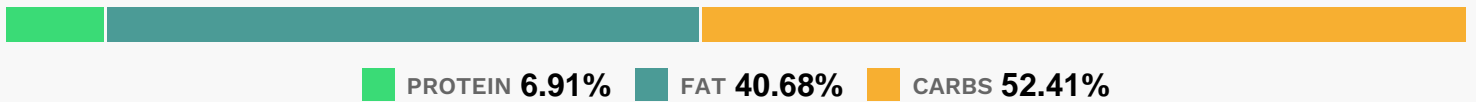
## Equipment

- bowl
- whisk
- pot

## Directions

- Watch how to make this recipe.
- Place potatoes in pot, cover with water, bring to a boil then salt the water. Cook potatoes 12 to 15 minutes until tender.
- While potatoes cook, combine spices and mustard with vinegar, whisk in EVOO and add the onions, celery and parsley to the bowl.
- Drain potatoes and toss them in dressing while they're still hot, they'll absorb more dressing and flavor.
- Garnish salad with chopped hot peppers.

## Nutrition Facts



## Properties

Glycemic Index:31.63, Glycemic Load:24.6, Inflammation Score:-8, Nutrition Score:19.064347723256%

## Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

5.09mg, Quercetin: 5.09mg

## Nutrients (% of daily need)

Calories: 278.74kcal (13.94%), Fat: 13.05g (20.08%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 37.83g (12.61%), Net Carbohydrates: 31.35g (11.4%), Sugar: 2.64g (2.93%), Cholesterol: 0mg (0%), Sodium: 1470.24mg (63.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.97%), Manganese: 4.26mg (213.02%), Vitamin C: 48.13mg (58.34%), Vitamin B6: 0.67mg (33.62%), Vitamin A: 1445.18IU (28.9%), Potassium: 941.93mg (26.91%), Fiber: 6.48g (25.92%), Vitamin K: 25.65µg (24.43%), Vitamin E: 3.13mg (20.86%), Iron: 2.65mg (14.73%), Magnesium: 58.77mg (14.69%), Phosphorus: 137.04mg (13.7%), Copper: 0.27mg (13.38%), Vitamin B3: 2.58mg (12.9%), Vitamin B1: 0.18mg (12.11%), Folate: 37.76µg (9.44%), Vitamin B5: 0.66mg (6.61%), Vitamin B2: 0.11mg (6.48%), Calcium: 56.22mg (5.62%), Zinc: 0.83mg (5.56%), Selenium: 3µg (4.28%)