



Potato Salad with Mustard Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons dijon mustard coarse-grained (not whole-grain)
- ☐ 4 lb potato boiling
- ☐ 0.3 cup shallots finely chopped
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 4 tablespoons citrus champagne vinegar

Equipment

- ☐ bowl

- ☐ whisk
- ☐ pot
- ☐ spatula
- ☐ colander

Directions

- ☐ Cover potatoes with salted cold water by 2 inches in a 5- to 6-quart pot and simmer, uncovered, until just tender, 20 to 25 minutes.
- ☐ Drain in a colander and cool slightly.
- ☐ While potatoes are simmering, whisk together sugar and 3 tablespoons vinegar in a large bowl until sugar is dissolved.
- ☐ When potatoes are just cool enough to handle, peel and cut diagonally into 1/2-inch-thick slices, adding to vinegar mixture as sliced and tossing gently to combine.
- ☐ Whisk together shallot, mustard, and remaining tablespoon vinegar in a small bowl, then add oil in a slow stream, whisking until emulsified.
- ☐ Add dressing to potatoes, then season with salt and pepper and stir gently with a rubber spatula.
- ☐ ·Potato salad can be made 1 day ahead and chilled, covered. Bring to room temperature, then stir and season before serving.

Nutrition Facts



Properties

Glycemic Index:16.51, Glycemic Load:1.11, Inflammation Score:-4, Nutrition Score:10.528260858163%

Flavonoids

Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 203.47kcal (10.17%), Fat: 3.86g (5.93%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 38.93g (12.98%), Net Carbohydrates: 34.6g (12.58%), Sugar: 4.75g (5.28%), Cholesterol: 0mg (0%), Sodium: 83.87mg (3.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.39%), Potassium: 1073.42mg (30.67%), Vitamin C: 20.35mg

(24.66%), Vitamin B6: 0.42mg (21.11%), Manganese: 0.37mg (18.38%), Fiber: 4.33g (17.33%), Copper: 0.32mg (15.81%), Phosphorus: 148.91mg (14.89%), Magnesium: 54.07mg (13.52%), Vitamin B3: 2.65mg (13.23%), Vitamin B1: 0.2mg (13.11%), Vitamin K: 12.96µg (12.35%), Folate: 44.44µg (11.11%), Iron: 1.87mg (10.38%), Vitamin B5: 0.67mg (6.73%), Zinc: 0.81mg (5.43%), Vitamin B2: 0.07mg (4.41%), Selenium: 2.53µg (3.62%), Calcium: 29.15mg (2.91%), Vitamin E: 0.32mg (2.12%)