



Potato Salad with Radishes and Sweet Pickle Relish



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



30

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 rib celery cut into 1/3-inch dice
- ☐ 0.5 cup mayonnaise
- ☐ 1 teaspoon ground mustard dry
- ☐ 6 radishes red
- ☐ 0.5 onion red cut into 1/3-inch dice (medium)

- ☐ 30 servings salt
- ☐ 0.5 teaspoon paprika smoked sweet
- ☐ 0.3 cup relish sweet
- ☐ 1 tablespoon vinegar white
- ☐ 3 pounds yukon gold potatoes peeled halved (medium)

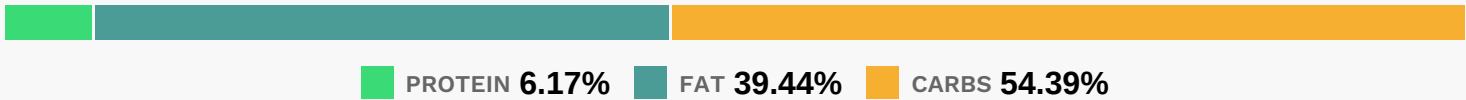
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ pot

Directions

- ☐ In a large pot, cover the potatoes with water, add a large pinch of salt and bring to a boil. Cook over moderately high heat until tender, about 20 minutes.
- ☐ Drain the potatoes and return them to the pot. Shake the pot over moderately high heat for about 10 seconds to dry the potatoes.
- ☐ Transfer the potatoes to a large rimmed baking sheet and let cool completely. Peel the potatoes and cut into 1-inch pieces.
- ☐ In a large bowl, blend the mayonnaise with the relish, vinegar, mustard powder, paprika, black pepper, cayenne, radishes, celery and onion. Gently fold in the potatoes and season with salt. Refrigerate the potato salad for at least 4 hours or overnight.
- ☐ Serve cold or lightly chilled.

Nutrition Facts



Properties

Glycemic Index:11.79, Glycemic Load:5.86, Inflammation Score:-1, Nutrition Score:2.8386956348043%

Flavonoids

Pelargonidin: 0.5mg, Pelargonidin: 0.5mg, Pelargonidin: 0.5mg, Pelargonidin: 0.5mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 64.51kcal (3.23%), Fat: 2.88g (4.43%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 7.83g (2.85%), Sugar: 1.07g (1.19%), Cholesterol: 1.57mg (0.52%), Sodium: 237.3mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Vitamin C: 9.23mg (11.19%), Vitamin K: 8.8µg (8.38%), Vitamin B6: 0.14mg (6.94%), Potassium: 199.1mg (5.69%), Fiber: 1.1g (4.39%), Manganese: 0.08mg (4.03%), Phosphorus: 28.42mg (2.84%), Magnesium: 11.24mg (2.81%), Copper: 0.05mg (2.7%), Vitamin B1: 0.04mg (2.56%), Vitamin B3: 0.5mg (2.48%), Iron: 0.41mg (2.25%), Folate: 8.2µg (2.05%), Vitamin B5: 0.15mg (1.46%), Vitamin A: 52.3IU (1.05%), Vitamin E: 0.16mg (1.05%), Vitamin B2: 0.02mg (1.03%), Zinc: 0.15mg (1.02%)