



Purple Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



292 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon cayenne
- ☐ 1 teaspoon celery seed
- ☐ 2 celery stalks chopped
- ☐ 0.3 cup dijon mustard
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 juice of lemon juiced
- ☐ 1 cup mayonnaise

- ☐ 1 purple onion diced
- ☐ 2 pounds purple potatoes
- ☐ 8 servings salt and pepper to taste
- ☐ 1 tablespoon vinegar white

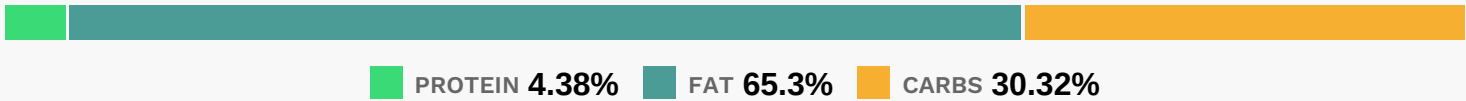
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a pot of salted water to a boil. Boil the potatoes until fork tender but not mushy, about 20 minutes.
- ☐ Drain, then rinse in cold water, and cut in quarters.
- ☐ Place the warm potatoes in a large bowl and toss with onion, celery, dill, and parsley. In another bowl, stir together mayonnaise, mustard, celery seed, cayenne, vinegar, and lemon. Check seasoning.
- ☐ Add the dressing to the vegetable mixture. Toss gently to coat taking care not to mash the potatoes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:44.22, Glycemic Load:14.95, Inflammation Score:-6, Nutrition Score:11.439565376095%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.27mg, Apigenin: 4.27mg, Apigenin: 4.27mg, Apigenin: 4.27mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 292.37kcal (14.62%), Fat: 21.47g (33.03%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 19.14g (6.96%), Sugar: 1.89g (2.1%), Cholesterol: 11.76mg (3.92%), Sodium: 467.84mg (20.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.49%), Vitamin K: 79.21µg (75.44%), Vitamin C: 28.85mg (34.97%), Vitamin B6: 0.37mg (18.69%), Potassium: 551.06mg (15.74%), Manganese: 0.27mg (13.71%), Fiber: 3.28g (13.12%), Phosphorus: 87.68mg (8.77%), Magnesium: 35.06mg (8.76%), Vitamin A: 406.45IU (8.13%), Iron: 1.45mg (8.04%), Vitamin B1: 0.12mg (7.99%), Copper: 0.15mg (7.47%), Folate: 29.15µg (7.29%), Vitamin E: 1.06mg (7.06%), Vitamin B3: 1.34mg (6.69%), Selenium: 3.77µg (5.39%), Vitamin B5: 0.44mg (4.45%), Vitamin B2: 0.06mg (3.58%), Calcium: 35.21mg (3.52%), Zinc: 0.5mg (3.37%)