



Red Curry Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



11

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 2 large hard-cooked egg whites chopped
- ☐ 0.3 cup mayonnaise light
- ☐ 1 tablespoon curry paste red (such as A Taste of Thai)
- ☐ 2 pounds potatoes red quartered
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon water hot

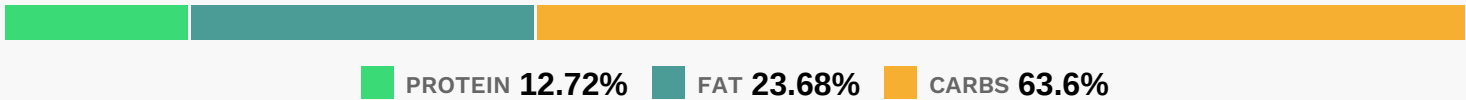
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place potato in a large saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 15 minutes or until tender.
- ☐ Drain and plunge potato into ice water; drain.
- ☐ Place potato in a large bowl.
- ☐ Combine egg whites, mayonnaise, parsley, green onions, and salt.
- ☐ Add curry paste and water to mayonnaise mixture; stir well.
- ☐ Pour over cooled potato; toss gently to coat. Cover and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:5.82, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:5.6073913677879%

Flavonoids

Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 86.49kcal (4.32%), Fat: 2.32g (3.57%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 12.48g (4.54%), Sugar: 1.5g (1.67%), Cholesterol: 34.72mg (11.57%), Sodium: 174.79mg (7.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.61%), Vitamin K: 21.78µg (20.75%), Potassium: 398.6mg (11.39%), Vitamin C: 8.6mg (10.43%), Vitamin B6: 0.15mg (7.67%), Vitamin A: 355.31IU (7.11%), Phosphorus: 67.97mg (6.8%), Manganese: 0.12mg (6.2%), Fiber: 1.54g (6.14%), Copper: 0.12mg (5.8%), Folate: 21.61µg (5.4%), Vitamin B1: 0.08mg (5.01%), Magnesium: 19.99mg (5%), Vitamin B3: 0.98mg (4.88%), Selenium: 3.36µg (4.8%), Iron: 0.83mg (4.62%), Vitamin B2: 0.07mg (4.4%), Vitamin B5: 0.36mg (3.65%), Zinc: 0.39mg (2.59%), Calcium: 17.75mg (1.78%),

Vitamin B12: 0.1µg (1.68%), Vitamin E: 0.23mg (1.54%), Vitamin D: 0.2µg (1.33%)