



Red, White, and Blue Potato Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



383 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces cheese blue crumbled
- ☐ 4 teaspoons dijon mustard
- ☐ 1 cup spring onion divided chopped
- ☐ 1 teaspoon pepper black
- ☐ 0.5 cup mayonnaise
- ☐ 8 servings paprika
- ☐ 1 pound potatoes white unpeeled
- ☐ 1 pound plums blue peeled

- ☐ 1 pound potatoes – remove skin unpeeled
- ☐ 2 teaspoons salt
- ☐ 1 cup cream sour
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 2 cups peas fresh frozen thawed cooked

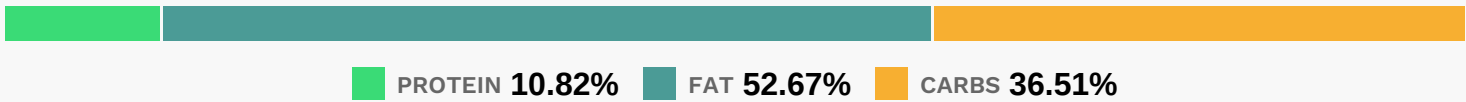
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk 1/2 cup green onions and next 7 ingredients in medium bowl. Cover and chill dressing.
- ☐ Do ahead: Can be made 1 day ahead. Keep chilled.
- ☐ Place all potatoes in large saucepan.
- ☐ Add enough water to cover by 1 inch.
- ☐ Sprinkle with salt. Bring to boil, reduce heat to medium, and boil until tender, 10 to 15 minutes (time will vary depending on size and variety of potatoes).
- ☐ Drain and cool to room temperature.
- ☐ Cut potatoes into 1/2-inch-thick slices and place in large bowl.
- ☐ Add dressing, peas, and blue cheese; toss gently. Cover and chill at least 2 hours and up to 1 day.
- ☐ Sprinkle potato salad with paprika and remaining 1/2 cup green onions.

Nutrition Facts



Properties

Glycemic Index:53.11, Glycemic Load:12, Inflammation Score:-9, Nutrition Score:18.945217459098%

Flavonoids

Cyanidin: 3.19mg, Cyanidin: 3.19mg, Cyanidin: 3.19mg, Cyanidin: 3.19mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 383.03kcal (19.15%), Fat: 22.96g (35.33%), Saturated Fat: 8.64g (54.03%), Carbohydrates: 35.82g (11.94%), Net Carbohydrates: 29.55g (10.75%), Sugar: 11.55g (12.84%), Cholesterol: 38.79mg (12.93%), Sodium: 970.63mg (42.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.22%), Vitamin K: 67.03µg (63.84%), Vitamin C: 38.61mg (46.8%), Vitamin A: 1941.32IU (38.83%), Fiber: 6.26g (25.06%), Potassium: 857.55mg (24.5%), Phosphorus: 236.8mg (23.68%), Manganese: 0.45mg (22.5%), Vitamin B6: 0.44mg (22.12%), Calcium: 184.44mg (18.44%), Folate: 64.95µg (16.24%), Vitamin B2: 0.27mg (15.73%), Vitamin B1: 0.24mg (15.69%), Magnesium: 57.35mg (14.34%), Copper: 0.28mg (14.04%), Vitamin B3: 2.77mg (13.85%), Iron: 2.31mg (12.84%), Zinc: 1.7mg (11.32%), Vitamin B5: 1mg (9.99%), Vitamin E: 1.49mg (9.93%), Selenium: 6.65µg (9.49%), Vitamin B12: 0.34µg (5.61%)