



Russet Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



115 min.

SERVINGS



8

CALORIES



336 kcal

SIDE DISH

Ingredients

- ☐ 3 lb baking potatoes fresh cut into fourths (4 large)
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons mustard coarse-grained
- ☐ 0.5 cup optional: dill fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup celery chopped

☐ 0.5 cup onion red finely chopped

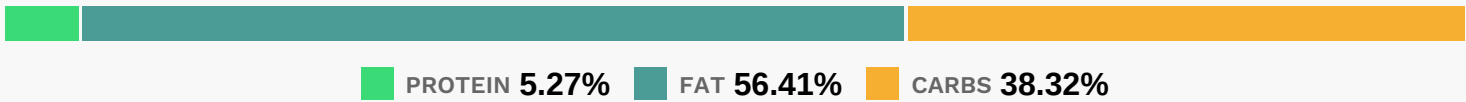
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ In 5-quart Dutch oven, cover potatoes with water.
- ☐ Heat to boiling; reduce heat to low. Cover; cook potatoes 20 to 25 minutes or until tender.
- ☐ Drain; cool 10 minutes.
- ☐ Peel potatoes; cut into 1/2-inch cubes.
- ☐ Place in large bowl.
- ☐ In small bowl, beat mayonnaise, mustards, dill weed, salt and pepper with whisk. Toss potatoes with mayonnaise mixture. Stir in celery and onion until well blended.
- ☐ Cover; refrigerate about 1 hour to blend flavors.
- ☐ Serve cold. Cover and refrigerate any remaining salad.

Nutrition Facts



Properties

Glycemic Index:38.09, Glycemic Load:24.55, Inflammation Score:-5, Nutrition Score:11.2291303588%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 335.81kcal (16.79%), Fat: 21.39g (32.91%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 29.8g (10.84%), Sugar: 1.83g (2.03%), Cholesterol: 11.76mg (3.92%), Sodium: 421.41mg (18.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Vitamin K: 50.91µg (48.48%), Vitamin B6: 0.62mg (30.84%), Potassium: 780.54mg (22.3%), Manganese: 0.37mg (18.66%), Vitamin C: 13.16mg (15.95%), Magnesium: 46.53mg (11.63%), Fiber: 2.9g (11.59%), Phosphorus: 114.08mg (11.41%), Vitamin B1: 0.16mg (10.95%), Iron: 1.88mg (10.45%), Copper: 0.2mg (9.91%), Vitamin B3: 1.88mg (9.41%), Folate: 34.34µg (8.58%), Vitamin E: 0.98mg (6.55%), Vitamin B5: 0.62mg (6.24%), Selenium: 3.96µg (5.65%), Vitamin A: 281.17IU (5.62%), Vitamin B2: 0.08mg (4.8%), Zinc: 0.64mg (4.25%), Calcium: 40.66mg (4.07%)