



Sausage Potato Salad

READY IN



55 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery finely chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 1 clove garlic minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 8 ounces kielbasa sliced into 1/4-inch-thick rounds
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 pound potatoes red

- ☐ 1.5 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt

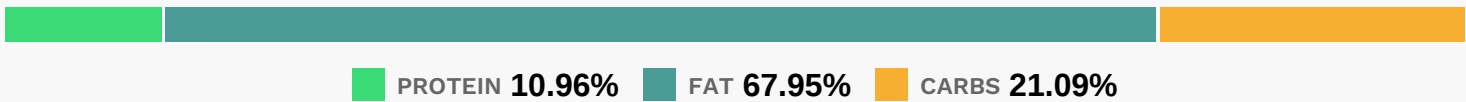
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add the potatoes; boil about 25 minutes or until tender.
- ☐ Drain and let cool.
- ☐ Cut potatoes into quarters and place in a large bowl.
- ☐ In a large skillet, heat the 2 teaspoons oil over medium-high heat. Brown the kielbasa.
- ☐ Transfer to a paper towel-lined plate to drain.
- ☐ Add kielbasa to the bowl with the potatoes along with celery and green onions.
- ☐ For the dressing, in a small bowl, whisk together the vinegar, mustard, garlic, salt, and pepper. Slowly whisk in oil.
- ☐ Add the dressing, celery and green onions to the potato mixture and toss to combine.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:7.759130384611%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 255.51kcal (12.78%), Fat: 19.41g (29.86%), Saturated Fat: 5.09g (31.84%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 11.89g (4.32%), Sugar: 1.23g (1.36%), Cholesterol: 26.46mg (8.82%), Sodium: 477.09mg (20.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.08%), Vitamin K: 18.48µg (17.6%), Vitamin B1: 0.26mg (17.39%), Potassium: 475.37mg (13.58%), Selenium: 8.05µg (11.5%), Vitamin B3: 2.24mg (11.19%), Vitamin B6: 0.22mg (10.86%), Phosphorus: 104.98mg (10.5%), Vitamin C: 8.11mg (9.83%), Manganese: 0.17mg (8.59%), Vitamin E: 1.26mg (8.42%), Copper: 0.15mg (7.33%), Iron: 1.3mg (7.2%), Zinc: 1.03mg (6.87%), Fiber: 1.67g (6.67%), Magnesium: 25.3mg (6.33%), Vitamin B12: 0.37µg (6.17%), Vitamin B2: 0.09mg (5.29%), Folate: 20.26µg (5.07%), Vitamin B5: 0.42mg (4.16%), Calcium: 21.68mg (2.17%), Vitamin A: 86.9IU (1.74%)