



Savory Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

SIDE DISH

Ingredients

- 0.5 cup arugula leaves packed coarsely chopped
- 2 stalks celery minced
- 2 teaspoons dijon mustard
- 1 lemon zest
- 1 cup mayonnaise
- 0.3 cup parsley leaves packed coarsely chopped
- 8 servings bell pepper
- 2 tablespoons onion red minced

- 3 pounds potatoes red scrubbed
- 0.3 cup red wine vinegar
- 1 oz vegetable soup mix

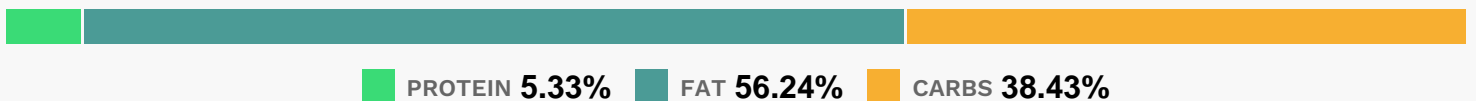
Equipment

- bowl
- knife
- plastic wrap
- dutch oven

Directions

- Cover potatoes with 1 inch of cold water in a large pot or Dutch oven. Bring to a boil, then reduce heat to medium. Cook until potatoes are tender and a knife inserted in center of a potato meets no resistance, 25 to 30 minutes.
- Drain and let cool slightly. When potatoes are cool enough to handle, chop into 1-inch pieces and place in a large bowl. Toss potatoes with soup mix, vinegar and pepper to taste. Cover bowl with plastic wrap and refrigerate until cool, 20 to 25 minutes.
- Toss potatoes with celery, onion, mustard, mayonnaise and lemon zest. Fold in arugula and parsley. Taste and adjust seasoning, if necessary.
- Serve immediately, or chill, covered, until ready to use.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:20.574347762958%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.93mg, Quercetin: 1.93mg

Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 337.03kcal (16.85%), Fat: 21.51g (33.09%), Saturated Fat: 3.4g (21.22%), Carbohydrates: 33.08g (11.03%), Net Carbohydrates: 28.06g (10.2%), Sugar: 5.81g (6.46%), Cholesterol: 11.76mg (3.92%), Sodium: 236.94mg (10.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Vitamin C: 114.54mg (138.84%), Vitamin K: 89.29µg (85.04%), Vitamin A: 2776.48IU (55.53%), Potassium: 994.89mg (28.43%), Vitamin B6: 0.53mg (26.34%), Fiber: 5.02g (20.06%), Folate: 75.64µg (18.91%), Manganese: 0.36mg (18.15%), Vitamin E: 2.17mg (14.44%), Vitamin B3: 2.8mg (14.01%), Phosphorus: 138mg (13.8%), Copper: 0.26mg (12.99%), Vitamin B1: 0.19mg (12.89%), Magnesium: 51.38mg (12.84%), Iron: 1.87mg (10.41%), Vitamin B5: 0.81mg (8.11%), Vitamin B2: 0.14mg (7.95%), Zinc: 0.86mg (5.74%), Calcium: 36.75mg (3.68%), Selenium: 2.07µg (2.96%)