



Smoked Paprika Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



6

CALORIES



379 kcal

SIDE DISH

Ingredients

- 6 servings pepper black freshly ground
- 2 ribs celery finely chopped
- 6 servings kosher salt
- 0.8 cup mayonnaise
- 3 pounds potatoes red cubed
- 2 teaspoons paprika smoked
- 1 tablespoon sugar
- 0.5 large onion sweet finely chopped

- 2 tablespoons relish sweet
- 2 tablespoons mustard yellow

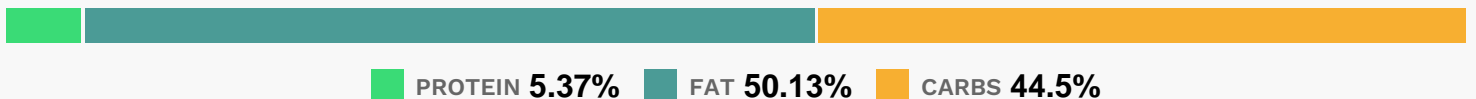
Equipment

- bowl
- sauce pan
- whisk
- plastic wrap

Directions

- Add the potatoes to a large saucepan of cold water. Bring up to a boil, add a nice handful of salt and reduce to a simmer. Cook until tender, about 20 minutes.
- Drain and cool.
- Add the potatoes, celery and onions to a large bowl.
- Whisk together the mayonnaise, mustard, relish, sugar, smoked paprika and some salt and pepper in a separate bowl. Fold the dressing into the potatoes. Cover with plastic wrap and place in the fridge for at least 3 hours so the flavors can marry.

Nutrition Facts



Properties

Glycemic Index:38.52, Glycemic Load:1.58, Inflammation Score:-6, Nutrition Score:14.258260734703%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 379.23kcal (18.96%), Fat: 21.59g (33.22%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 43.13g (14.38%), Net Carbohydrates: 38.29g (13.92%), Sugar: 8.24g (9.16%), Cholesterol: 11.76mg (3.92%), Sodium: 521.33mg (22.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.41%), Vitamin K: 61.17µg (58.26%), Potassium: 1130.37mg (32.3%), Vitamin C: 21.32mg (25.84%), Vitamin B6: 0.45mg (22.61%), Manganese: 0.4mg (20.1%), Fiber: 4.85g (19.38%), Copper: 0.34mg (17.18%), Phosphorus: 163.22mg (16.32%), Magnesium: 58.14mg (14.53%), Vitamin B1: 0.21mg (14.16%), Vitamin B3: 2.79mg (13.97%), Folate: 54.11µg (13.53%), Iron: 2.09mg (11.61%), Vitamin A: 487.58IU (9.75%), Vitamin E: 1.22mg (8.16%), Vitamin B5: 0.77mg (7.74%), Zinc: 0.91mg (6.09%), Vitamin B2: 0.1mg (6.03%), Selenium: 3.73µg (5.33%), Calcium: 41.18mg (4.12%)