



Smoked Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



291 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons celery seed
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 green onions thinly sliced
- ☐ 0.3 cup kalamata olives pitted sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup olive oil divided

- ☐ 2 cups mesquite wood chips
- ☐ 1.5 pounds potatoes
- ☐ 1 tablespoon red wine vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Soak wood chips in water 1 hour; drain.
- ☐ Remove the grill rack, and set aside. Prepare grill for indirect grilling, heating one side to medium-high and leaving one side with no heat. Maintain temperature at 400.
- ☐ Pierce bottom of a disposable aluminum foil pan several times with the tip of a knife.
- ☐ Place pan on heat element on heated side of grill; add 1 cup wood chips to pan.
- ☐ Place grill rack on grill.
- ☐ Combine 1 tablespoon oil, pepper, salt, and potatoes in a medium bowl; toss to coat. Arrange potatoes in a single layer in a disposable foil pan.
- ☐ Place pan over unheated side; close lid. Cook 30 minutes at 400 or until tender, and add remaining 1 cup wood chips after 15 minutes.
- ☐ Remove potatoes from grill.
- ☐ Combine potatoes, olives, and onions in a medium bowl.
- ☐ Combine the remaining oil, parsley, and remaining ingredients in a small bowl; stir with a whisk.
- ☐ Drizzle oil mixture over potato mixture; toss well.

Nutrition Facts



 PROTEIN 4.9%  FAT 50.26%  CARBS 44.84%

Properties

Glycemic Index:34.51, Glycemic Load:20.71, Inflammation Score:-4, Nutrition Score:9.4543478903563%

Flavonoids

Apigenin: 2.55mg, Apigenin: 2.55mg, Apigenin: 2.55mg, Apigenin: 2.55mg Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 291.43kcal (14.57%), Fat: 16.69g (25.68%), Saturated Fat: 3.77g (23.57%), Carbohydrates: 33.52g (11.17%), Net Carbohydrates: 28.57g (10.39%), Sugar: 0.79g (0.87%), Cholesterol: 0mg (0%), Sodium: 464.37mg (20.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Vitamin C: 22.47mg (27.24%), Vitamin K: 28.58µg (27.22%), Fiber: 4.95g (19.79%), Vitamin B6: 0.37mg (18.35%), Potassium: 638.98mg (18.26%), Manganese: 0.33mg (16.41%), Vitamin B3: 2.28mg (11.42%), Iron: 1.87mg (10.4%), Phosphorus: 99.69mg (9.97%), Magnesium: 34.72mg (8.68%), Vitamin E: 1.23mg (8.18%), Vitamin B1: 0.12mg (7.9%), Folate: 30.34µg (7.59%), Copper: 0.13mg (6.54%), Vitamin B5: 0.58mg (5.82%), Zinc: 0.51mg (3.38%), Calcium: 32mg (3.2%), Vitamin B2: 0.05mg (3.02%), Vitamin A: 139.34IU (2.79%), Selenium: 0.9µg (1.29%)