



Smokin' Potato Salad

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

Ingredients

- 2 tablespoons canola oil plus more for the grill
- 2 teaspoons capers chopped
- 1 cup celery diced (from 2 to 3 stalks)
- 1 tablespoon cilantro leaves fresh minced
- 0.5 juice of lemon
- 6 servings kosher salt and freshly cracked pepper
- 0.5 cup mayonnaise
- 0.5 small onion diced red finely

- 2 teaspoons paprika smoked
- 0.5 cup cup heavy whipping cream sour
- 1 teaspoon mustard yellow
- 2 pounds yukon gold potatoes (5 to 6 potatoes)

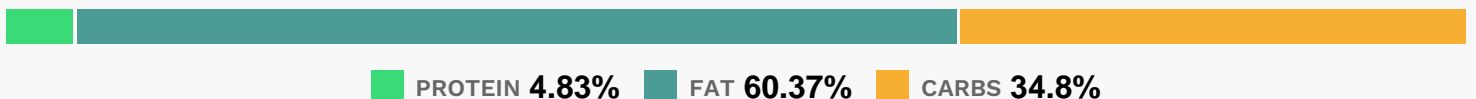
Equipment

- bowl
- grill

Directions

- Preheat a grill to medium. Oil the grill grates well.
- Slice the potatoes lengthwise about 3/4 inch thick.
- Place the potatoes in a bowl and add 2 tablespoons canola oil, the paprika and 2 teaspoons each salt and pepper. Toss to coat.
- Place the potatoes on the grill, cover and cook 5 minutes, then rotate them 90 degrees F and cook 5 to 10 more minutes. Flip the potatoes and repeat on the other side. They should be slightly puffed and golden brown.
- Remove and allow to cool completely. Dice into 3/4-to-1-inch pieces.
- In a large glass bowl, combine the diced potatoes, celery, red onion and cilantro. In a medium glass bowl, combine the sour cream, mayonnaise, mustard, 1 teaspoon salt, 2 teaspoons pepper, the capers and lemon juice. Adjust the salt as needed.
- Fold the mayonnaise mixture into the potato mixture until coated. Cover and refrigerate 20 to 30 minutes. Stir and adjust the seasoning as needed.
- Photograph by Kat Teutsch

Nutrition Facts



Properties

Glycemic Index:45.29, Glycemic Load:19.67, Inflammation Score:-6, Nutrition Score:11.763478113257%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 331.69kcal (16.58%), Fat: 22.65g (34.84%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 25.33g (9.21%), Sugar: 2.7g (3%), Cholesterol: 19.15mg (6.38%), Sodium: 369.31mg (16.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.15%), Vitamin K: 42.8µg (40.76%), Vitamin C: 32.18mg (39.01%), Vitamin B6: 0.5mg (24.75%), Potassium: 741.06mg (21.17%), Fiber: 4.05g (16.2%), Manganese: 0.28mg (13.98%), Vitamin E: 1.77mg (11.82%), Phosphorus: 114.66mg (11.47%), Vitamin A: 544.85IU (10.9%), Magnesium: 41.63mg (10.41%), Copper: 0.19mg (9.42%), Vitamin B1: 0.14mg (9.26%), Folate: 35.16µg (8.79%), Vitamin B3: 1.75mg (8.78%), Iron: 1.46mg (8.08%), Vitamin B2: 0.11mg (6.26%), Vitamin B5: 0.62mg (6.2%), Calcium: 50.47mg (5.05%), Zinc: 0.61mg (4.04%), Selenium: 2.04µg (2.92%), Vitamin B12: 0.06µg (1.04%)