



Smokin' Potato Salad

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



249 kcal

SIDE DISH

Ingredients

- 2 tablespoons canola oil plus more for grill
- 2 teaspoons capers chopped
- 1 cup celery diced
- 1 tablespoon cilantro leaves fresh minced
- 0.5 juice of lemon juiced
- 8 servings kosher salt and cracked pepper fresh black
- 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

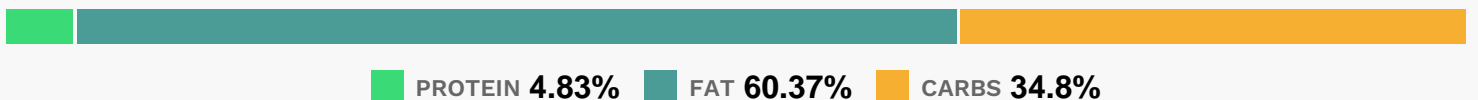
Equipment

- bowl
- grill

Directions

- Watch how to make this recipe.
- Preheat a grill to medium heat. Oil the grill grates well.
- Slice the potatoes lengthwise into 3/4-inch thick slices.
- Place the potatoes in a bowl and add the oil, paprika and season with 2 teaspoons salt and 2 teaspoons pepper. Toss to coat.
- Place the potatoes on the grill and cook until slightly puffed and nicely golden brown on both sides, 20 to 30 minutes, turning 90 degrees after 5 minutes and flipping and repeating on the other side.
- Remove and allow to cool completely. Dice into 3/4 to 1-inch pieces.
- In a large glass bowl, add the diced potatoes, celery, red onions and cilantro.
- In a medium glass bowl, add the sour cream, mayonnaise, mustard, 1 teaspoon salt, 2 teaspoons pepper, capers and lemon juice. Adjust the salt, as needed.
- Fold the mayonnaise mixture into the potato mixture, cover and refrigerate for 20 to 30 minutes. Stir and adjust seasoning as needed.

Nutrition Facts



Properties

Glycemic Index:33.97, Glycemic Load:14.76, Inflammation Score:-5, Nutrition Score:8.8226086549137%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 248.77kcal (12.44%), Fat: 16.99g (26.13%), Saturated Fat: 3.4g (21.25%), Carbohydrates: 22.03g (7.34%), Net Carbohydrates: 18.99g (6.91%), Sugar: 2.03g (2.25%), Cholesterol: 14.36mg (4.79%), Sodium: 325.43mg (14.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.11%), Vitamin K: 32.1µg (30.57%), Vitamin C: 24.14mg (29.26%), Vitamin B6: 0.37mg (18.57%), Potassium: 555.81mg (15.88%), Fiber: 3.04g (12.15%), Manganese: 0.21mg (10.49%), Vitamin E: 1.33mg (8.86%), Phosphorus: 85.99mg (8.6%), Vitamin A: 408.64IU (8.17%), Magnesium: 31.22mg (7.81%), Copper: 0.14mg (7.06%), Vitamin B1: 0.1mg (6.95%), Folate: 26.37µg (6.59%), Vitamin B3: 1.32mg (6.58%), Iron: 1.09mg (6.06%), Vitamin B2: 0.08mg (4.69%), Vitamin B5: 0.46mg (4.65%), Calcium: 37.88mg (3.79%), Zinc: 0.45mg (3.03%), Selenium: 1.53µg (2.19%)