



Southern Style German Potato Salad

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



10

CALORIES



240 kcal

SIDE DISH

Ingredients

- 2 tablespoons apple cider vinegar
- 1 tablespoon balsamic vinegar
- 1 teaspoon dijon mustard
- 3 tablespoons chives fresh divided chopped (9 chives)
- 2 sprigs thyme leaves fresh
- 1 garlic clove with the side of a knife blade and quartered crushed
- 1 pound green beans trimmed cut into 1-inch pieces and blanched
- 0.3 teaspoon ground pepper black

- 1 tablespoon honey
- 0.8 cup olive oil
- 1 tablespoon olive oil
- 0.5 pound pork sausage
- 3 pounds bliss potatoes red boiled scrubbed cut into 1-inch wedges, and until tender
- 1 teaspoon salt
- 4 to 6 freshly scallions white green sliced

Equipment

- bowl
- frying pan
- paper towels
- blender
- slotted spoon
- cutting board

Directions

- Through the feed opening of a running blender add, 1 at a time, apple cider vinegar, balsamic vinegar, thyme, Dijon mustard, garlic, honey, salt, and ground black pepper. Leaving the blender running, slowly add the olive oil in a thin stream. Set aside until needed.
- Heat the olive oil over medium-high heat in a saute pan and brown sausage.
- Remove to a cutting board and slice into 1/4-inch pieces, then return to pan and cook over medium heat until cooked through. Using a slotted spoon, remove to paper towels to drain.
- Combine sausage, green beans, 2 tablespoons of the chives, and scallions in a large bowl.
- Add enough dressing to coat. Then gently fold in potatoes, taste and add enough dressing as needed. Do not feel compelled to use all of the dressing.
- Serve family style, garnished with remaining chives, and with any extra dressing on the side.

Nutrition Facts



■ PROTEIN 11.72% ■ FAT 40.06% ■ CARBS 48.22%

Properties

Glycemic Index:51.6, Glycemic Load:19.47, Inflammation Score:-7, Nutrition Score:12.707391267237%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 240.11kcal (12.01%), Fat: 10.92g (16.8%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 29.56g (9.85%), Net Carbohydrates: 25.12g (9.14%), Sugar: 4.65g (5.17%), Cholesterol: 16.33mg (5.44%), Sodium: 394.75mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.38%), Vitamin C: 34.35mg (41.64%), Vitamin K: 36.92µg (35.16%), Vitamin B6: 0.54mg (27.22%), Potassium: 749.76mg (21.42%), Fiber: 4.44g (17.75%), Manganese: 0.35mg (17.36%), Vitamin B3: 2.88mg (14.38%), Vitamin B1: 0.21mg (14.23%), Phosphorus: 129.63mg (12.96%), Magnesium: 48.26mg (12.07%), Iron: 1.97mg (10.96%), Folate: 41.17µg (10.29%), Copper: 0.2mg (10.16%), Vitamin A: 429.9IU (8.6%), Vitamin B2: 0.13mg (7.4%), Zinc: 1.04mg (6.92%), Vitamin B5: 0.67mg (6.7%), Vitamin E: 0.94mg (6.28%), Calcium: 42.29mg (4.23%), Vitamin B12: 0.19µg (3.21%), Vitamin D: 0.29µg (1.97%), Selenium: 0.95µg (1.36%)