



Tarragon Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



383 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons optional: dill fresh minced
- ☐ 2 tablespoons tarragon leaves fresh minced
- ☐ 6 servings kosher salt
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 1 cup mayonnaise good
- ☐ 3 tablespoons onion red minced
- ☐ 3 tablespoons scallions white green chopped

- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 2 pounds yukon gold potatoes 6 to 8 potatoes

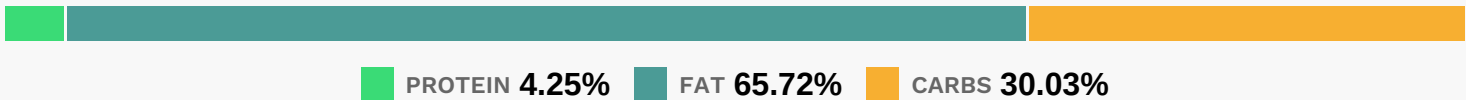
Equipment

- ☐ knife
- ☐ mixing bowl
- ☐ pot
- ☐ kitchen towels
- ☐ skewers
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the potatoes in a pot with enough water to cover them.
- ☐ Add 1 tablespoon of salt, bring to a boil, and simmer for 15 to 30 minutes, depending on the size of the potatoes, just until tender when pierced with a small knife or skewer.
- ☐ Drain in a colander. Put a kitchen towel over the colander and allow the potatoes to steam for 10 minutes. When cool enough to handle, peel the potatoes and slice 1/2 inch thick.
- ☐ Place the potatoes in a mixing bowl.
- ☐ Meanwhile, combine the mayonnaise, lemon juice, vinegar, 2 teaspoons salt, and the pepper. While the potatoes are still warm, pour the dressing over the potatoes and toss well.
- ☐ Add the scallions, red onion, tarragon, and dill and toss gently. Allow the salad to
- ☐ sit for at least 30 minutes for the flavors to develop.
- ☐ Sprinkle with salt and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:51.63, Glycemic Load:20.33, Inflammation Score:-5, Nutrition Score:13.073043418967%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 383.08kcal (19.15%), Fat: 28.27g (43.49%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 25.3g (9.2%), Sugar: 1.8g (2%), Cholesterol: 15.68mg (5.23%), Sodium: 442.65mg (19.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.23%), Vitamin K: 70.5µg (67.14%), Vitamin C: 33.96mg (41.16%), Vitamin B6: 0.52mg (25.83%), Manganese: 0.48mg (23.93%), Potassium: 742.61mg (21.22%), Fiber: 3.76g (15.06%), Iron: 2.14mg (11.86%), Magnesium: 45.49mg (11.37%), Phosphorus: 105.3mg (10.53%), Copper: 0.2mg (9.84%), Vitamin B3: 1.83mg (9.17%), Folate: 36.58µg (9.14%), Vitamin B1: 0.14mg (9.08%), Vitamin E: 1.27mg (8.45%), Vitamin B2: 0.09mg (5.42%), Calcium: 53.49mg (5.35%), Vitamin B5: 0.53mg (5.32%), Zinc: 0.62mg (4.1%), Vitamin A: 167.71IU (3.35%), Selenium: 1.48µg (2.11%)