



Texas-Style Potato Salad with Mustard and Pickled Red Onions

 Vegetarian  Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



763 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground
- 2 tablespoons dijon mustard
- 0.3 cup flat-leaf parsley fresh roughly chopped
- 6 hard-cooked eggs coarsely chopped
- 4 servings kosher salt
- 1 cup mayonnaise
- 1 teaspoon mustard seeds

- 2.5 pounds new potatoes red
- 1 small onion red halved thinly sliced
- 1.5 cups red wine vinegar
- 1 roasted pepper diced red finely
- 2 tablespoons sugar
- 2 tablespoons whole-grain mustard

Equipment

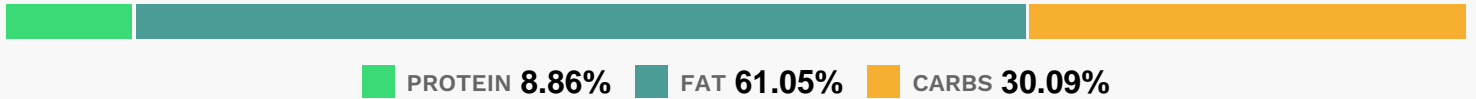
- bowl
- sauce pan
- knife
- whisk
- pot
- sieve

Directions

- Watch how to make this recipe.
- Bring the vinegar, sugar, mustard seeds and 1 tablespoon salt to a boil in a small saucepan and cook until the sugar and salt dissolves, about 1 minute.
- Transfer to a small bowl and let cool for 10 minutes.
- Add the onions and stir to combine. Cover and refrigerate for at least 1 hour and up to 24 hours.
- Drain the onions through a strainer into a bowl and reserve the pickling liquid.
- Put the potatoes in a large pot, cover with cold water by 2 inches and add 2 tablespoons salt. Bring to a boil over high heat and cook until a knife inserted into the center of the potatoes meets with no resistance.
- Drain the potatoes well, let cool slightly (but not all the way) and slice into 1/2-inch thick slices.
- Transfer the warm potatoes to a large bowl.
- Add the eggs, pickled onions and red peppers.

- Whisk together the mayonnaise, mustards, a few tablespoons of the pickling liquid and season with salt and pepper.
- Add the dressing and parsley to the warm potatoes and gently mix to combine; season with salt and pepper.
- Serve at room temperature or cover tightly and refrigerate for at least 2 hours and serve chilled.

Nutrition Facts



Properties

Glycemic Index:68.77, Glycemic Load:5.01, Inflammation Score:-8, Nutrition Score:27.319130524345%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 762.85kcal (38.14%), Fat: 51.13g (78.66%), Saturated Fat: 9.18g (57.35%), Carbohydrates: 56.69g (18.9%), Net Carbohydrates: 50.41g (18.33%), Sugar: 12.27g (13.63%), Cholesterol: 303.27mg (101.09%), Sodium: 995.6mg (43.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.4%), Vitamin K: 161.77µg (154.06%), Selenium: 32.68µg (46.68%), Vitamin C: 36.27mg (43.96%), Potassium: 1534.51mg (43.84%), Phosphorus: 355.43mg (35.54%), Vitamin B6: 0.64mg (32.18%), Manganese: 0.62mg (30.75%), Vitamin B2: 0.51mg (30.02%), Folate: 101.52µg (25.38%), Fiber: 6.28g (25.13%), Iron: 4.17mg (23.16%), Copper: 0.46mg (22.77%), Vitamin B1: 0.34mg (22.49%), Magnesium: 89.81mg (22.45%), Vitamin B5: 2.04mg (20.41%), Vitamin E: 2.76mg (18.42%), Vitamin B3: 3.56mg (17.79%), Vitamin A: 822.22IU (16.44%), Vitamin B12: 0.9µg (14.99%), Zinc: 2.08mg (13.88%), Vitamin D: 1.76µg (11.75%), Calcium: 103.07mg (10.31%)