



Tricolor Potato Salad

 Vegetarian  Gluten Free

READY IN



27 min.

SERVINGS



4

CALORIES



393 kcal

SIDE DISH

Ingredients

- 2 tablespoons brown mustard
- 1 tablespoon cider vinegar
- 0.5 teaspoon grill seasoning
- 0.5 cup mayonnaise
- 0.5 pound purple potatoes washed and cut into 1 by 1-inch pieces
- 1 tablespoon salt
- 3 scallions sliced
- 0.5 cup cup heavy whipping cream sour

- 0.5 pound sweet potatoes washed and cut into 1 by 1-inch pieces
- 0.5 pound yukon gold potatoes washed and cut into 1 by 1-inch pieces

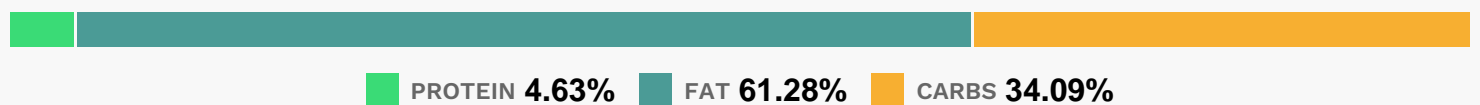
Equipment

- bowl
- pot

Directions

- Watch how to make this recipe.
- Put the Yukon gold and sweet potatoes in a large pot and cover with water.
- Add 2 teaspoons of salt and bring to a light boil over medium heat. Cook until the potatoes are tender but still retain and hold their shape, about 12 to 15 minutes.
- Drain and let cool until just slightly warm.
- Put the purple potatoes in a medium pot and cover with water.
- Add 1 teaspoon of salt and bring to a light boil over medium heat. Cook until the potatoes are tender but still retain and hold their shape, about 10 to 12 minutes.
- Drain and let cool until just slightly warm.
- In a large serving bowl, combine the remaining ingredients and mix until blended.
- Add the potatoes and gently toss until they are completely coated.

Nutrition Facts



Properties

Glycemic Index:86.88, Glycemic Load:20.36, Inflammation Score:-10, Nutrition Score:17.484347820282%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 392.92kcal (19.65%), Fat: 27.05g (41.62%), Saturated Fat: 6.25g (39.07%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 29.27g (10.64%), Sugar: 4.69g (5.22%), Cholesterol: 28.72mg (9.57%), Sodium: 1970.64mg (85.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Vitamin A: 8340.09IU (166.8%), Vitamin K: 69.94µg (66.61%), Vitamin C: 25.75mg (31.21%), Vitamin B6: 0.48mg (23.99%), Potassium: 747.05mg (21.34%), Manganese: 0.39mg (19.74%), Fiber: 4.58g (18.32%), Phosphorus: 131.35mg (13.14%), Magnesium: 49.7mg (12.43%), Copper: 0.24mg (11.81%), Vitamin B1: 0.16mg (10.48%), Vitamin B5: 0.95mg (9.49%), Iron: 1.65mg (9.14%), Folate: 35.23µg (8.81%), Vitamin E: 1.29mg (8.6%), Vitamin B3: 1.64mg (8.2%), Vitamin B2: 0.13mg (7.93%), Calcium: 74.87mg (7.49%), Selenium: 4.55µg (6.5%), Zinc: 0.75mg (4.97%), Vitamin B12: 0.09µg (1.57%)