



WHATSheATE



Warm Dijon Potato Salad



Gluten Free



Popular

READY IN



35 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 4 teaspoons cider vinegar
- ☐ 1.5 tablespoons dijon mustard
- ☐ 2 green onions chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 0.3 teaspoon paprika
- ☐ 2 tablespoons parmesan cheese grated

- ☐ 0.5 onion red thinly sliced
- ☐ 5 potatoes red
- ☐ 0.5 teaspoon salt

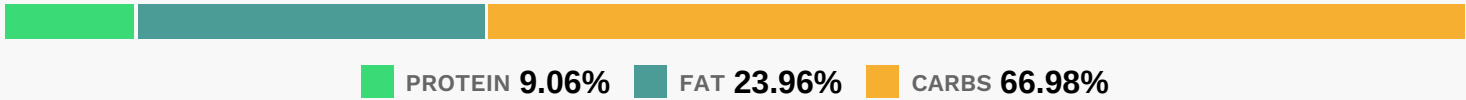
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- ☐ Drain and cut into cubes.
- ☐ Combine mayonnaise, Parmesan cheese, Dijon mustard, vinegar, cayenne pepper, salt, black pepper, and paprika in a large bowl.
- ☐ Add potatoes, red onion, and green onions; gently toss to combine.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:7.2056522087558%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 138.45kcal (6.92%), Fat: 3.78g (5.82%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 23.79g (7.93%), Net Carbohydrates: 21.14g (7.69%), Sugar: 2.65g (2.94%), Cholesterol: 3.33mg (1.11%), Sodium: 338.87mg (14.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Potassium: 641.52mg (18.33%), Vitamin K: 17.93µg (17.08%), Vitamin C: 12.63mg (15.31%), Vitamin B6: 0.24mg (12.21%), Manganese: 0.23mg (11.66%), Fiber: 2.65g (10.6%), Phosphorus: 98.23mg (9.82%), Copper: 0.19mg (9.54%), Magnesium: 33.18mg (8.29%), Vitamin B1: 0.12mg (8.01%), Vitamin B3: 1.59mg (7.95%), Folate: 28.19µg (7.05%), Iron: 1.14mg (6.31%), Vitamin B5: 0.41mg

(4.05%), Zinc: 0.55mg (3.68%), Selenium: 2.5µg (3.57%), Calcium: 31.59mg (3.16%), Vitamin B2: 0.05mg (3.16%),
Vitamin A: 145.11IU (2.9%), Vitamin E: 0.41mg (2.73%)