



Warm Honey-Mustard Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



28 kcal

SIDE DISH

Ingredients

- 1 bag lime wedges refrigerated red with skins (4 cups) (1 lb 4 oz)
- 0.3 cup honey
- 0.3 cup mustard yellow
- 1 cup celery sliced (2 stalks)
- 0.5 cup bell pepper red chopped ()
- 2 tablespoons spring onion chopped (2 medium)
- 0.3 teaspoon garlic powder
- 0.3 teaspoon salt

0.1 teaspoon pepper black

Equipment

bowl

microwave

Directions

In 2-quart microwavable casserole, place potatoes; cover. Microwave on High 3 to 5 minutes or until desired doneness. Cool slightly, about 5 minutes.

Meanwhile, in small bowl, mix honey and mustard until well blended.

Add remaining ingredients to potatoes in casserole.

Pour honey mixture over salad; mix gently to coat.

Nutrition Facts

 **PROTEIN 5.08%** **FAT 6.16%** **CARBS 88.76%**

Properties

Glycemic Index:20.77, Glycemic Load:3.19, Inflammation Score:-2, Nutrition Score:1.7995652452759%

Flavonoids

Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 28.03kcal (1.4%), Fat: 0.21g (0.33%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 6.32g (2.3%), Sugar: 6.27g (6.97%), Cholesterol: 0mg (0%), Sodium: 112.98mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Vitamin C: 8.48mg (10.27%), Vitamin A: 245.98IU (4.92%), Vitamin K: 4.95µg (4.72%), Selenium: 1.88µg (2.69%), Manganese: 0.05mg (2.4%), Fiber: 0.54g (2.17%), Folate: 7.07µg (1.77%), Vitamin B6: 0.03mg (1.57%), Potassium: 50.31mg (1.44%), Magnesium: 4.59mg (1.15%), Vitamin B1: 0.02mg (1.05%), Phosphorus: 10.2mg (1.02%), Vitamin B2: 0.02mg (1.01%)