



WHATSheATE



Yellow Mustard Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



390 kcal

SIDE DISH

Ingredients



2 ribs celery finely chopped



0.3 cup mayonnaise



0.5 skinned onion yellow small to medium finely chopped



2 tablespoons parsley chopped



3 tablespoons pimento drained chopped



2.5 pounds russet potatoes cubed peeled



4 servings salt and pepper



3 tablespoons relish sweet

☐ 0.3 cup mustard yellow

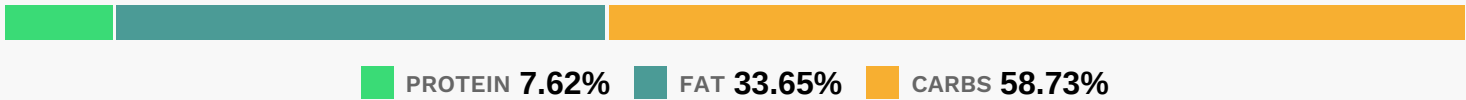
Equipment

- ☐ bowl
- ☐ baking sheet

Directions

- ☐ Boil potatoes in salted water 10 to12 minutes, or until just tender.
- ☐ Drain the potatoes and spread out onto a cookie sheet to cool quickly, about 10 minutes.
- ☐ In a bowl, combine celery, onion, pimento, relish, mayonnaise and mustard.
- ☐ When you are ready to serve, combine cooled potatoes with other ingredients. Stir the potatoes to combine and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:75.69, Glycemic Load:41, Inflammation Score:-7, Nutrition Score:19.747826021651%

Flavonoids

Apigenin: 4.88mg, Apigenin: 4.88mg, Apigenin: 4.88mg, Apigenin: 4.88mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 390.35kcal (19.52%), Fat: 15.05g (23.15%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 59.09g (19.7%), Net Carbohydrates: 53.51g (19.46%), Sugar: 6.67g (7.42%), Cholesterol: 7.84mg (2.61%), Sodium: 665.57mg (28.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.34%), Vitamin K: 85.13µg (81.08%), Vitamin B6: 1.06mg (52.91%), Vitamin C: 32.35mg (39.21%), Potassium: 1324.75mg (37.85%), Manganese: 0.59mg (29.35%), Fiber: 5.58g (22.32%), Magnesium: 81.28mg (20.32%), Phosphorus: 196.14mg (19.61%), Vitamin B1: 0.29mg (19.21%), Iron: 3.33mg (18.51%), Copper: 0.34mg (17.14%), Vitamin B3: 3.27mg (16.34%), Vitamin A: 723.97IU (14.48%), Folate: 55.83µg (13.96%), Selenium: 8.79µg (12.56%), Vitamin B5: 1.02mg (10.24%), Vitamin B2: 0.14mg (8.22%), Zinc: 1.1mg (7.31%), Calcium: 66.59mg (6.66%), Vitamin E: 0.94mg (6.3%)