



Yukon Gold Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

SIDE DISH

Ingredients

- 2 cups celery heart and inner leaves chopped
- 2 tablespoons dijon mustard
- 0.3 cup chives fresh minced
- 0.5 cup parsley fresh chopped
- 2 tablespoons juice of lemon fresh
- 2 tablespoons mayonnaise
- 0.3 cup olive oil extra-virgin
- 2 cups onion chopped

- 1 cup peas green frozen thawed
- 1 teaspoon pepper freshly ground
- 2 teaspoons salt
- 0.3 cup citrus champagne vinegar
- 4 pounds yukon gold potatoes cut into 1-inch cubes

Equipment

- whisk
- plastic wrap

Directions

- Cook potatoes in boiling salted water until tender, about 10 minutes.
- Drain.
- Whisk together oil, mayonnaise, mustard, vinegar, lemon juice, salt, and pepper. Toss with potatoes, peas, celery, onion, parsley, and chives. Cover with plastic wrap and refrigerate at least 2 hours before serving.

Nutrition Facts



PROTEIN 8.74% **FAT 28.78%** **CARBS 62.48%**

Properties

Glycemic Index:47.26, Glycemic Load:30.89, Inflammation Score:-8, Nutrition Score:21.673043442647%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 9.78mg, Apigenin: 9.78mg, Apigenin: 9.78mg, Apigenin: 9.78mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 2.12mg, Isorhamnetin: 2.12mg, Isorhamnetin: 2.12mg, Isorhamnetin: 2.12mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 10.04mg, Quercetin: 10.04mg, Quercetin: 10.04mg, Quercetin: 10.04mg

Nutrients (% of daily need)

Calories: 304.07kcal (15.2%), Fat: 9.97g (15.34%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 48.69g (16.23%), Net Carbohydrates: 40.64g (14.78%), Sugar: 5.52g (6.13%), Cholesterol: 1.47mg (0.49%), Sodium: 711.25mg (30.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.63%), Vitamin K: 101.58µg (96.74%), Vitamin C: 64.18mg (77.8%), Vitamin B6: 0.8mg (40.12%), Potassium: 1253.54mg (35.82%), Fiber: 8.05g (32.2%), Manganese: 0.6mg (29.96%), Folate: 85.64µg (21.41%), Magnesium: 74.03mg (18.51%), Phosphorus: 183.86mg (18.39%), Vitamin B1: 0.27mg (18.24%), Copper: 0.33mg (16.5%), Vitamin A: 804.54IU (16.09%), Vitamin B3: 3.09mg (15.46%), Iron: 2.67mg (14.82%), Vitamin B5: 0.93mg (9.31%), Vitamin E: 1.35mg (9.02%), Vitamin B2: 0.15mg (8.87%), Calcium: 76.16mg (7.62%), Zinc: 1.11mg (7.43%), Selenium: 2.84µg (4.05%)