

# Creamy Buffalo Potato Salad

*Sara Moulton - Associated Press  
Scripps Treasure Coast Newspapers*

## Servings: 6

*1 pound medium boiling potatoes,  
scrubbed and sliced 1/4-inch thick.  
1 small (1/2 pound) baking potato,  
peeled and sliced 1/4-inch thick  
1/4 cup cider vinegar  
1 1/2 teaspoons Kosher salt  
1/3 cup mayonnaise  
1/4 cup sour cream or plain, no-fat  
Greek yogurt  
2 ounces crumbled blue cheese  
1 to 2 teaspoons hot sauce (or to  
taste)  
1/2 cup celery, finely chopped  
black pepper (to taste)  
celery leaves (for garnish)*

## Preparation Time: 30 minutes

In a medium saucepan, combine the potatoes with cold, lightly salted water to cover by two inches. Bring to a boil. Simmer the potatoes until tender when pierced with the tip of a knife, about 5 to 7 minutes.

Meanwhile, in a large bowl, whisk together the vinegar and salt until dissolved. When the potatoes are tender, drain. Add them immediately to the bowl with the vinegar mixture.

Toss the potatoes well with the vinegar. Let cool to room temperature, about 30 minutes.

Add the mayonnaise, sour cream, blue cheese, hot sauce, celery and pepper to the potatoes. Toss well.

If the potato salad seems dry, stir in some cold water and toss again.

Transfer to a serving bowl. Garnish with celery leaves.

Start to Finish Time: 1 hour

*Slicing the potatoes might best be done using a mandoline.*

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Per Serving (excluding unknown items): 147 Calories; 13g Fat (75.4% calories from fat); 3g Protein; 7g Carbohydrate; 1g Dietary Fiber; 11mg Cholesterol; 681mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.

Side Dishes

**Per Serving Nutritional Analysis**

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% Calories from Fat: 75.4%  
 % Calories from Carbohydrates: 17.2%  
 % Calories from Protein: 7.4%  
 Total Fat (g): 13g  
 Saturated Fat (g): 3g  
 Monounsaturated Fat (g): 3g  
 Polyunsaturated Fat (g): 5g  
 Cholesterol (mg): 11mg  
 Carbohydrate (g): 7g  
 Dietary Fiber (g): 1g  
 Protein (g): 3g  
 Sodium (mg): 681mg  
 Potassium (mg): 234mg  
 Calcium (mg): 59mg  
 Iron (mg): trace  
 Zinc (mg): trace  
 Vitamin C (mg): 7mg  
 Vitamin A (i.u.): 115IU  
 Vitamin A (r.e.): 28 1/2RE

Vitamin B12 (mcg): .1mcg  
 Thiamin B1 (mg): trace  
 Riboflavin B2 (mg): trace  
 Folacin (mcg): 11mcg  
 Niacin (mg): 1mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Refuse: 0.0%

## Food Exchanges

Grain (Starch): 1/2  
 Lean Meat: 1/2  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 1  
 Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 147      Calories from Fat: 111

### % Daily Values\*

<b>Total Fat</b>	13g	20%
Saturated Fat	3g	16%
<b>Cholesterol</b>	11mg	4%
<b>Sodium</b>	681mg	28%
<b>Total Carbohydrates</b>	7g	2%
Dietary Fiber	1g	3%
<b>Protein</b>	3g	
<b>Vitamin A</b>		2%
<b>Vitamin C</b>		11%
<b>Calcium</b>		6%
<b>Iron</b>		2%

\* Percent Daily Values are based on a 2000 calorie diet.