

# Kimchi-Mayo Potato Salad

Community Table  
Parade Magazine

## Servings: 6

red or white waxy potatoes, cut into one-inch chunks  
1/2 cup mayonnaise  
1/4 cup drained kimchi, finely chopped  
salt (to taste)  
black pepper (to taste)  
2 tablespoons green onion, thinly sliced

In a pot of water, steam the potatoes.

In a large bowl, combine the mayonnaise, kimchi, salt and pepper.

Add the potatoes and green onion. Toss gently to combine.

Arrange 1-1/2 pounds of potatoes, peeled and cut as desired, in the steamer basket. Cover. Steam for 7 to 10 minutes or just until the potatoes are tender when pierced with the tip of a sharp knife. Remove the potatoes from the basket and rinse with cold water to stop the cooking. Pat dry with paper towels.

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Per Serving (excluding unknown items): 132 Calories; 16g Fat (98.9% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 105mg Sodium. Exchanges: 0 Vegetable; 1 1/2 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	132
% Calories from Fat:	98.9%
% Calories from Carbohydrates:	0.4%
% Calories from Protein:	0.7%
Total Fat (g):	16g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	8g
Cholesterol (mg):	6mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	105mg
Potassium (mg):	12mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0

**Calcium (mg):** 5mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 59IU  
**Vitamin A (r.e.):** 11RE

**Non-Fat Milk:** 0  
**Fat:** 1 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 132 Calories from Fat: 131

### % Daily Values\*

<b>Total Fat</b>	16g	24%
Saturated Fat	2g	11%
<b>Cholesterol</b>	6mg	2%
<b>Sodium</b>	105mg	4%
<b>Total Carbohydrates</b>	trace	0%
Dietary Fiber	trace	0%
<b>Protein</b>	trace	

<b>Vitamin A</b>	1%
<b>Vitamin C</b>	1%
<b>Calcium</b>	0%
<b>Iron</b>	1%

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