



All-American Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup celery diced
- 2 tablespoons green onions chopped
- 3 large hardboiled eggs diced
- 1 tablespoon kosher salt divided
- 0.5 cup canola mayonnaise
- 1.3 cups bell pepper diced red (1 large)
- 5 medium yukon gold potatoes (2 pounds 6 ounces)

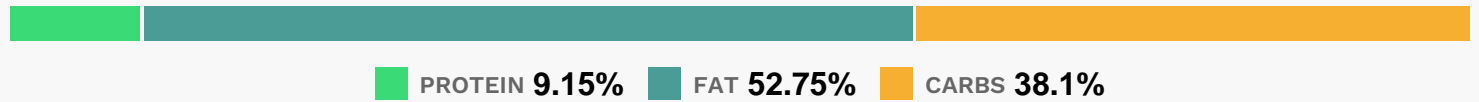
Equipment

- bowl
- sauce pan

Directions

- Combine 2 teaspoons salt and potatoes in a large saucepan; cover with cold water. Bring to a boil; cook 25 minutes or until potatoes are tender.
- Drain; rinse with cold water.
- Drain and let cool; cut into 1-inch pieces.
- Combine potatoes, remaining 1 teaspoon salt, bell pepper, and remaining ingredients in a large bowl; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:43.63, Glycemic Load:18.63, Inflammation Score:-8, Nutrition Score:15.513478030329%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 284.48kcal (14.22%), Fat: 16.85g (25.93%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 23.46g (8.53%), Sugar: 2.9g (3.22%), Cholesterol: 101.09mg (33.7%), Sodium: 1325.73mg (57.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.15%), Vitamin C: 68.15mg (82.6%), Vitamin K: 40.36µg (38.44%), Vitamin B6: 0.54mg (27.24%), Vitamin A: 1156.63IU (23.13%), Potassium: 716.06mg (20.46%), Fiber: 3.93g (15.72%), Manganese: 0.29mg (14.56%), Phosphorus: 137.75mg (13.78%), Folate: 51.7µg (12.93%), Selenium: 8.63µg (12.32%), Vitamin B2: 0.21mg (12.22%), Vitamin B1: 0.15mg (10.04%), Magnesium: 40.17mg (10.04%), Vitamin E: 1.4mg (9.32%), Vitamin B3: 1.84mg (9.19%), Vitamin B5: 0.91mg (9.14%), Iron: 1.64mg (9.11%), Copper: 0.17mg (8.57%), Zinc: 0.8mg (5.31%), Vitamin B12: 0.3µg (5%), Vitamin D: 0.59µg (3.92%), Calcium: 37.75mg (3.77%)