



Always A Winner Potato Salad



Gluten Free



Dairy Free

READY IN



175 min.

SERVINGS



12

CALORIES



412 kcal

SIDE DISH

Ingredients

- ☐ 10 large baking potatoes scrubbed
- ☐ 2 tablespoons celery salt
- ☐ 6 dill pickles chopped
- ☐ 12 eggs
- ☐ 3 bunches green onions chopped
- ☐ 2 cups mayonnaise low-fat
- ☐ 2 tablespoons paprika
- ☐ 12 servings salt and pepper to taste

☐ 4 ounce shrimp drained canned

Equipment

☐ bowl

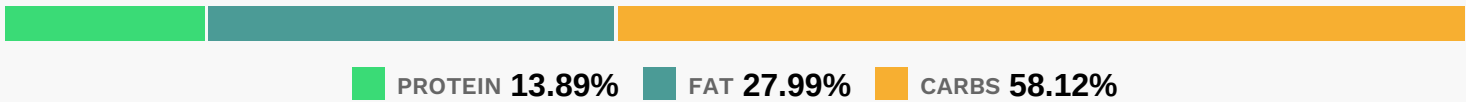
☐ sauce pan

☐ pot

Directions

- ☐ Place potatoes in a large pot, and cover with water. Boil until soft.
- ☐ Remove from water; set aside to cool. Peel, and then chop into bite size chunks.
- ☐ Place eggs in a saucepan, and cover completely with cold water. Bring water to a boil for one minute. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water, and cool. Peel, and chop.
- ☐ In a large bowl, combine potatoes, eggs, green onions, dill pickles, and cans of shrimp.
- ☐ Mix in mayonnaise, celery salt, and paprika. Season to taste with salt an ground black pepper. Chill for 2 hours, and serve.

Nutrition Facts



Properties

Glycemic Index:10.98, Glycemic Load:43.83, Inflammation Score:-7, Nutrition Score:21.094782642696%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 411.84kcal (20.59%), Fat: 13.07g (20.1%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 61.04g (20.35%), Net Carbohydrates: 56.16g (20.42%), Sugar: 4.07g (4.53%), Cholesterol: 184.87mg (61.62%), Sodium: 2018.73mg (87.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.19%), Vitamin B6: 1.18mg (58.81%), Vitamin K: 44.53µg (42.41%), Potassium: 1459.36mg (41.7%), Phosphorus: 293.15mg (29.32%), Manganese: 0.55mg (27.39%), Vitamin C: 19.35mg (23.45%), Selenium: 15.82µg (22.6%), Iron: 3.94mg (21.88%), Magnesium: 85.65mg (21.41%), Copper: 0.42mg (20.76%), Vitamin B2: 0.34mg (20.01%), Vitamin B1: 0.3mg (19.68%), Fiber: 4.89g

(19.54%), Vitamin A: 960.73IU (19.21%), Folate: 72.24µg (18.06%), Vitamin B3: 3.4mg (17.02%), Vitamin B5: 1.67mg (16.72%), Zinc: 1.73mg (11.5%), Vitamin E: 1.72mg (11.48%), Calcium: 98.28mg (9.83%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)