



American Potato Salad



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



180 min.

SERVINGS



15

CALORIES



340 kcal

SIDE DISH

Ingredients

- ☐ 3 stalks celery thinly sliced
- ☐ 6 eggs
- ☐ 1 small bell pepper diced green seeded
- ☐ 2 green onions thinly sliced
- ☐ 1 teaspoon ground pepper black
- ☐ 2 cups mayonnaise
- ☐ 1 onion diced
- ☐ 5 pounds potatoes red

☐ 2 teaspoons salt

Equipment

☐ bowl

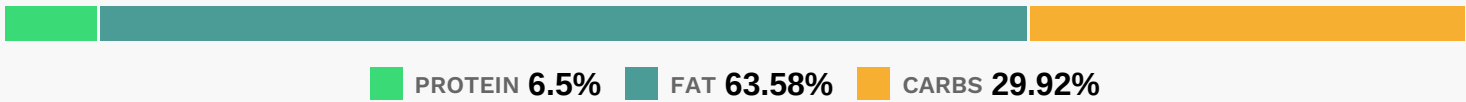
☐ sauce pan

☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add potatoes, and cook for 15 to 20 minutes, or until tender but still firm.
- ☐ Drain, cool and cut into cubes.
- ☐ Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water, cool, peel and chop.
- ☐ In a large bowl, combine chopped potatoes and eggs.
- ☐ Mix together mayonnaise, chopped onion, green onion, green pepper, and celery. Season with salt and pepper, then mix well. Cover, and refrigerate for several hours or overnight.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:11.6234783297%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 339.99kcal (17%), Fat: 24.26g (37.33%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 22.71g (8.26%), Sugar: 2.76g (3.07%), Cholesterol: 78.02mg (26.01%), Sodium: 559.05mg

(24.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.17%), Vitamin K: 59.39µg (56.56%), Vitamin C: 18.06mg (21.89%), Potassium: 764.6mg (21.85%), Vitamin B6: 0.32mg (15.82%), Phosphorus: 139.19mg (13.92%), Manganese: 0.26mg (13.21%), Fiber: 2.98g (11.93%), Copper: 0.23mg (11.66%), Folate: 42.79µg (10.7%), Selenium: 6.93µg (9.9%), Magnesium: 38.34mg (9.58%), Vitamin B1: 0.14mg (9.43%), Vitamin B3: 1.82mg (9.09%), Iron: 1.56mg (8.68%), Vitamin B2: 0.14mg (8.38%), Vitamin E: 1.23mg (8.21%), Vitamin B5: 0.78mg (7.8%), Zinc: 0.81mg (5.39%), Vitamin A: 196.04IU (3.92%), Calcium: 34.68mg (3.47%), Vitamin B12: 0.19µg (3.21%), Vitamin D: 0.41µg (2.74%)