



Argentinean Potato Salad



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



530 min.

SERVINGS



6

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon dill weed dried
- ☐ 3 eggs hard cooked chopped
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.5 tablespoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 10 ounce vegetables mixed canned
- ☐ 5 tablespoons pimiento-stuffed olives chopped

- ☐ 4 russet potatoes boiled cubed peeled
- ☐ 6 servings salt and pepper black to taste

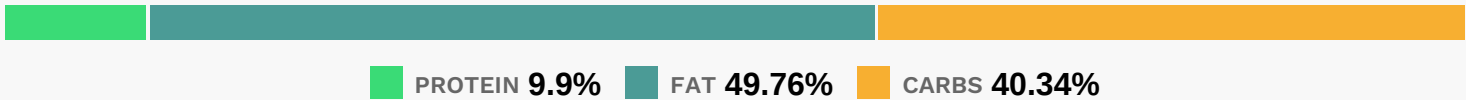
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook peeled potatoes until tender but still firm, about 15 minutes.
- ☐ Drain, cool, and cube.
- ☐ Place eggs in a saucepan, and cover with cold water. Bring to a boil, and immediately remove from heat. Cover pan, and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water and allow to cool. Peel and chop the eggs, and toss together with the potatoes and vegetables in a large mixing or serving bowl.
- ☐ In a separate bowl, combine the mayonnaise, 1/2 teaspoon black pepper, ground mustard, lemon juice, dill weed, and green olives. Stir to blend.
- ☐ Pour dressing over the potato mixture, season with salt and pepper, and toss to coat. Cover, and refrigerate for 1 hour, or overnight.

Nutrition Facts



Properties

Glycemic Index:35.29, Glycemic Load:22.27, Inflammation Score:-9, Nutrition Score:14.456956490226%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 319.52kcal (15.98%), Fat: 18.07g (27.8%), Saturated Fat: 3.23g (20.16%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 28.91g (10.51%), Sugar: 1.35g (1.5%), Cholesterol: 101.09mg (33.7%), Sodium: 476.87mg (20.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.17%), Vitamin A: 2574.98IU (51.5%), Vitamin K: 33.43µg (31.84%), Vitamin B6: 0.57mg (28.61%), Potassium: 737.87mg (21.08%), Manganese: 0.38mg (18.77%), Vitamin C: 13.55mg (16.42%), Fiber: 4.03g (16.13%), Phosphorus: 155.36mg (15.54%), Selenium: 9.3µg (13.29%), Vitamin B1: 0.2mg (13.07%), Vitamin B2: 0.22mg (12.97%), Magnesium: 48.78mg (12.19%), Iron: 2.11mg (11.75%), Folate: 46.26µg (11.57%), Vitamin B3: 2.11mg (10.53%), Copper: 0.21mg (10.45%), Vitamin B5: 0.89mg (8.93%), Vitamin E: 1.15mg (7.67%), Zinc: 0.93mg (6.22%), Calcium: 50.6mg (5.06%), Vitamin B12: 0.3µg (5%), Vitamin D: 0.59µg (3.92%)