



Barbeque Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



165 min.

SERVINGS



12

CALORIES



400 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup barbeque sauce
- ☐ 0.5 teaspoon garlic powder
- ☐ 12 servings salt and ground pepper black to taste
- ☐ 6 hard-cooked eggs diced peeled finely
- ☐ 1.5 cups mayonnaise
- ☐ 5 pounds potatoes cubed unpeeled
- ☐ 1 small onion diced red

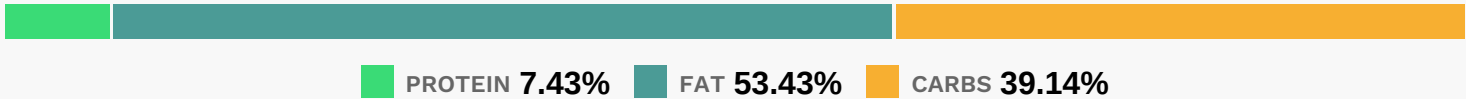
Equipment

- ☐ bowl
- ☐ baking sheet

Directions

- ☐ Place cubed potatoes into a large kettle and cover with water. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are just tender, 15 to 20 minutes.
- ☐ Drain and spread the potatoes onto baking sheets in a single layer. Chill the potatoes in the refrigerator until cold, about 2 hours.
- ☐ Mix the cooled potatoes, red onion, egg, mayonnaise, barbeque sauce, garlic powder, salt, and pepper in a large bowl.
- ☐ Sprinkle with paprika if desired.

Nutrition Facts



Properties

Glycemic Index:16.48, Glycemic Load:24.46, Inflammation Score:-5, Nutrition Score:14.550434724144%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 399.51kcal (19.98%), Fat: 23.85g (36.7%), Saturated Fat: 4.15g (25.96%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 34.87g (12.68%), Sugar: 6.26g (6.96%), Cholesterol: 105.01mg (35%), Sodium: 343.34mg (14.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin K: 49.72µg (47.35%), Vitamin C: 37.98mg (46.04%), Vitamin B6: 0.61mg (30.62%), Potassium: 876.63mg (25.05%), Fiber: 4.46g (17.83%), Manganese: 0.34mg (16.92%), Phosphorus: 162.33mg (16.23%), Selenium: 9.15µg (13.07%), Magnesium: 48.98mg (12.25%), Vitamin B2: 0.2mg (11.97%), Vitamin B1: 0.18mg (11.87%), Copper: 0.23mg (11.34%), Folate: 44.7µg (11.17%), Iron: 1.94mg (10.79%), Vitamin B3: 2.09mg (10.46%), Vitamin B5: 0.99mg (9.9%), Vitamin E: 1.29mg (8.63%), Zinc: 0.89mg (5.96%), Vitamin B12: 0.31µg (5.18%), Calcium: 44mg (4.4%), Vitamin D: 0.61µg (4.04%), Vitamin A: 179.4IU (3.59%)