



Bea's Mashed Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 2 celery stalks finely chopped
- ☐ 1 dill pickle finely chopped
- ☐ 1 hardboiled egg sliced
- ☐ 3 tablespoons mayonnaise
- ☐ 4 ounce potatoes mashed flavored idahoan® baby reds®
- ☐ 3 radishes thinly sliced
- ☐ 2 tablespoons onion red finely chopped
- ☐ 4 servings salt and pepper to taste

- ☐ 1 tablespoon mustard stone ground
- ☐ 1 teaspoon mustard yellow

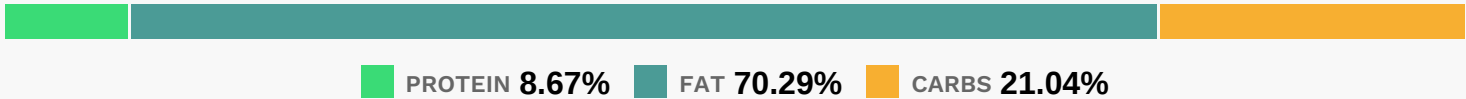
Equipment

- ☐ bowl

Directions

- ☐ Prepare Idahoan Baby Reds following package instructions.
- ☐ Stir in pickles, radishes, hard-boiled egg, celery and red onion.
- ☐ Combine mayo and mustards in a separate bowl and mix into mashed potato mixture.
- ☐ Season to taste with salt and pepper and celery seed if using.

Nutrition Facts



Properties

Glycemic Index:72.19, Glycemic Load:3.8, Inflammation Score:-2, Nutrition Score:4.4669565066047%

Flavonoids

Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 120.36kcal (6.02%), Fat: 9.46g (14.55%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 5.2g (1.89%), Sugar: 0.99g (1.11%), Cholesterol: 51.03mg (17.01%), Sodium: 466.94mg (20.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.25%), Vitamin K: 21.14µg (20.13%), Selenium: 5.93µg (8.47%), Vitamin C: 6.82mg (8.27%), Vitamin B6: 0.12mg (5.91%), Vitamin B2: 0.09mg (5.38%), Potassium: 182.43mg (5.21%), Phosphorus: 50.39mg (5.04%), Fiber: 1.17g (4.66%), Manganese: 0.09mg (4.35%), Folate: 14.63µg (3.66%), Vitamin B1: 0.05mg (3.48%), Vitamin E: 0.52mg (3.46%), Vitamin B5: 0.32mg (3.16%), Magnesium: 12.44mg (3.11%), Iron: 0.54mg (2.97%), Vitamin B12: 0.15µg (2.52%), Calcium: 25.24mg (2.52%), Copper: 0.05mg (2.32%), Vitamin A: 114.97IU (2.3%), Zinc: 0.3mg (1.99%), Vitamin D: 0.3µg (1.97%), Vitamin B3: 0.37mg (1.86%)