



Best Creamy Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



9

CALORIES



205 kcal

SIDE DISH

Ingredients

- 1 stalk celery thinly sliced
- 1 Tbsp optional: dill fresh chopped
- 2 green onions thinly sliced
- 3 hard-cooked eggs chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup mayo homestyle real mayonnaise kraft
- 2 lb yukon gold potatoes peeled cut into 1-inch cubes (6 large)

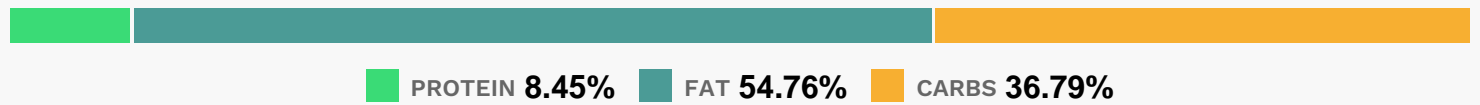
Equipment

- bowl
- sauce pan

Directions

- Cook potatoes in boiling water in saucepan 15 min. or until tender; drain.
- Place warm potatoes in large bowl.
- Add dressing; toss to coat.
- Add eggs, celery, onions and dill; mix lightly. Stir in mayo. Refrigerate 3 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:23.64, Glycemic Load:12.99, Inflammation Score:-3, Nutrition Score:8.3421738666037%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 205.23kcal (10.26%), Fat: 12.56g (19.32%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 16.63g (6.05%), Sugar: 1.87g (2.08%), Cholesterol: 67.39mg (22.46%), Sodium: 174.57mg (7.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin K: 32.73µg (31.17%), Vitamin C: 20.56mg (24.92%), Vitamin B6: 0.33mg (16.38%), Potassium: 472.58mg (13.5%), Fiber: 2.36g (9.44%), Phosphorus: 91.8mg (9.18%), Manganese: 0.17mg (8.54%), Selenium: 5.89µg (8.41%), Vitamin B2: 0.12mg (7.35%), Folate: 27.46µg (6.86%), Magnesium: 26.35mg (6.59%), Vitamin B1: 0.1mg (6.44%), Iron: 1.08mg (5.99%), Copper: 0.12mg (5.92%), Vitamin B5: 0.57mg (5.66%), Vitamin B3: 1.11mg (5.55%), Vitamin E: 0.76mg (5.06%), Zinc: 0.51mg (3.38%), Vitamin B12: 0.2µg (3.33%), Vitamin A: 149.09IU (2.98%), Vitamin D: 0.39µg (2.61%), Calcium: 26.06mg (2.61%)