



Better-for-You Potato Salad

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



90 min.

SERVINGS



6

CALORIES



115 kcal

SIDE DISH

Ingredients

- 1 carrots shredded
- 2 tsp basil leaves dried
- 1 bell pepper green chopped
- 2 hard-cooked eggs peeled chopped
- 1 lb new potatoes red quartered
- 0.3 cup mayo reduced fat mayonnaise light kraft

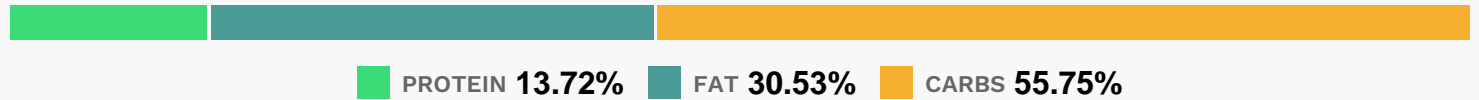
Equipment

- bowl

Directions

- Cook potatoes in boiling water 15 min. or just until tender; drain. Cool completely.
- Mix mayo and basil in large bowl until blended.
- Add potatoes, eggs, carrots and peppers; mix lightly.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:23.43, Glycemic Load:10.05, Inflammation Score:-8, Nutrition Score:9.6173913997153%

Flavonoids

Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 115.48kcal (5.77%), Fat: 3.99g (6.13%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 13.91g (5.06%), Sugar: 2.07g (2.3%), Cholesterol: 63.66mg (21.22%), Sodium: 110.35mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Vitamin C: 31.44mg (38.11%), Vitamin A: 1870.01IU (37.4%), Vitamin K: 17.31µg (16.48%), Vitamin B6: 0.31mg (15.4%), Potassium: 421.68mg (12.05%), Manganese: 0.21mg (10.26%), Fiber: 2.46g (9.84%), Phosphorus: 81.96mg (8.2%), Selenium: 5.63µg (8.04%), Vitamin B2: 0.13mg (7.46%), Iron: 1.32mg (7.32%), Magnesium: 25.76mg (6.44%), Folate: 25.16µg (6.29%), Vitamin B1: 0.09mg (6.04%), Copper: 0.11mg (5.65%), Vitamin B5: 0.51mg (5.13%), Vitamin B3: 1.03mg (5.13%), Vitamin E: 0.57mg (3.83%), Calcium: 33.76mg (3.38%), Zinc: 0.48mg (3.23%), Vitamin B12: 0.19µg (3.08%), Vitamin D: 0.37µg (2.44%)