

Celery and Potato Salad

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch celery cut into 1/2-inch pieces
- ☐ 4 large eggs
- ☐ 0.3 cup malt vinegar
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons milk
- ☐ 0.7 cup cream sour
- ☐ 0.3 cup onion sweet finely chopped
- ☐ 1.5 pound yukon gold potatoes scrubbed well

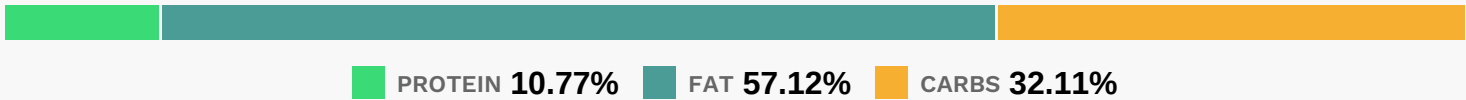
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Generously cover potatoes and eggs with cold water in a 4-quart pot with 1/2 tablespoon salt and bring to a boil, covered. Uncover and boil 10 minutes.
- ☐ Transfer eggs with a slotted spoon to a bowl of cold water; continue to cook potatoes until tender, 10 to 15 minutes more.
- ☐ While potatoes cook, whisk together vinegar and 1/2 teaspoon salt in a large bowl.
- ☐ Drain potatoes and rinse with cold water until they have cooled to warm. Peel potatoes and cut into 1-inch pieces. Toss with vinegar mixture.
- ☐ Peel eggs and coarsely chop, then add to potatoes along with remaining ingredients and salt and pepper to taste. Toss well.

Nutrition Facts



Properties

Glycemic Index:31.72, Glycemic Load:10.99, Inflammation Score:-4, Nutrition Score:8.3760869399361%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 209.17kcal (10.46%), Fat: 13.29g (20.44%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 14.8g (5.38%), Sugar: 2.05g (2.28%), Cholesterol: 108.68mg (36.23%), Sodium: 111.93mg (4.87%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.27%), Vitamin C: 17.4mg (21.09%), Vitamin K: 18.69µg (17.8%), Vitamin B6: 0.32mg (15.83%), Selenium: 9.02µg (12.88%), Potassium: 445.1mg (12.72%), Phosphorus: 121.61mg (12.16%), Vitamin B2: 0.18mg (10.87%), Fiber: 2.01g (8.04%), Manganese: 0.15mg (7.73%), Folate: 30.31µg (7.58%), Vitamin B5: 0.75mg (7.48%), Magnesium: 26.25mg (6.56%), Iron: 1.16mg (6.46%), Copper: 0.12mg (6.05%), Vitamin B1: 0.09mg (5.91%), Vitamin A: 290.77IU (5.82%), Calcium: 52.73mg (5.27%), Vitamin B12: 0.29µg (4.9%), Vitamin B3: 0.96mg (4.81%), Zinc: 0.68mg (4.52%), Vitamin E: 0.67mg (4.44%), Vitamin D: 0.56µg (3.73%)