



Classic American Potato Salad



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup bread-and-butter pickle
- ☐ 1 large celery stalk
- ☐ 0.5 teaspoon dijon mustard
- ☐ 3 eggs
- ☐ 0.5 cup flat-leaf parsley leaves
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 small onion red

- ☐ 2 pounds russet potatoes
- ☐ 1 tablespoon salt divided
- ☐ 3 tablespoons citrus champagne vinegar

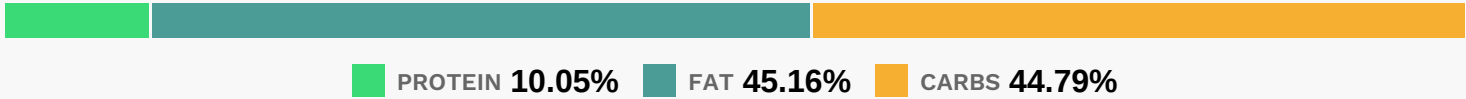
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Put eggs in a pot and cover with cold water. Bring to a boil, cover, take off heat, and let sit 14 minutes. Meanwhile, prepare a large bowl of ice water.
- ☐ Transfer eggs to ice-water bath.
- ☐ Let sit at least 10 minutes or up to 1 hour, until you are ready to use.
- ☐ Peel potatoes; cut into bite-size pieces. Put potatoes in a large pot, cover with cold water, and bring to a boil.
- ☐ Add 1 tbsp. salt, reduce heat to maintain a slow boil, and cook potatoes until tender to the bite, about 8 minutes.
- ☐ Drain potatoes, put in a large bowl, and toss with vinegar.
- ☐ Let cool to room temperature, about 30 minutes.
- ☐ Meanwhile, finely chop onion, rinse with cold water, and pat dry. Set aside. Finely chop celery, pickles, and parsley. In a bowl, mix mayonnaise, onion, celery, pickles, parsley, mustard, pepper, and remaining 1/2 tsp. salt. Peel and chop eggs.
- ☐ Gently toss cooled potatoes with dressing. Gently mix in eggs.
- ☐ Serve immediately.
- ☐ Note: This salad is at its best right after it's made, but it may be kept, covered and chilled, for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:43.55, Glycemic Load:20.12, Inflammation Score:-5, Nutrition Score:13.016956484836%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 254.48kcal (12.72%), Fat: 12.85g (19.77%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 26.34g (9.58%), Sugar: 2.03g (2.25%), Cholesterol: 67.26mg (22.42%), Sodium: 1066.67mg (46.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.87%), Vitamin K: 87.42µg (83.25%), Vitamin B6: 0.45mg (22.46%), Manganese: 0.39mg (19.47%), Potassium: 555.08mg (15.86%), Selenium: 10.25µg (14.64%), Vitamin C: 12.03mg (14.59%), Phosphorus: 122.23mg (12.22%), Iron: 2.12mg (11.76%), Vitamin B1: 0.17mg (11.26%), Folate: 44.12µg (11.03%), Vitamin B3: 2.07mg (10.37%), Fiber: 2.34g (9.37%), Vitamin B2: 0.16mg (9.35%), Magnesium: 37.39mg (9.35%), Vitamin A: 418.48IU (8.37%), Copper: 0.16mg (8.2%), Vitamin B5: 0.77mg (7.66%), Calcium: 51.89mg (5.19%), Zinc: 0.78mg (5.17%), Vitamin E: 0.7mg (4.7%), Vitamin B12: 0.16µg (2.73%), Vitamin D: 0.36µg (2.39%)