



Classic American-Style Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 small celery stalk
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 hard-cooked eggs
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons mustard dijon-style
- ☐ 2 pounds potatoes red boiling scrubbed
- ☐ 2 tablespoons red wine vinegar

- ☐ 0.5 teaspoon salt
- ☐ 3 scallions
- ☐ 0.3 cup pickle sweet chopped (not relish)

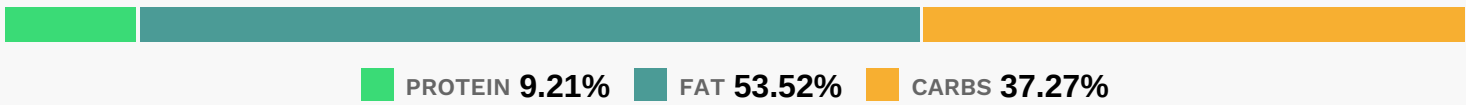
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ serrated knife
- ☐ metal skewers

Directions

- ☐ Place potatoes in a pot with water to cover. Bring to a boil, cover and simmer, stirring to ensure even cooking, until a thin-bladed paring knife or a metal skewer inserted into a potato can be removed with no resistance, 25 to 30 minutes.
- ☐ Drain, rinse under cold water and drain again. Cool slightly.
- ☐ Cut warm potatoes into 3/4-inch dice with a serrated knife.
- ☐ Layer them in a bowl, seasoning with vinegar, salt and pepper as you go.
- ☐ Cut eggs, celery and pickle in 1/4-inch dice and thinly slice scallions.
- ☐ Add to potatoes, along with parsley. Stir in mayonnaise and mustard until everything is combined. Chill, covered, before serving.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:12.928695678711%

Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 284.23kcal (14.21%), Fat: 17.05g (26.23%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 23.61g (8.58%), Sugar: 3.74g (4.15%), Cholesterol: 101.09mg (33.7%), Sodium: 457.35mg (19.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.21%), Vitamin K: 72.72µg (69.26%), Potassium: 766.94mg (21.91%), Vitamin C: 16.01mg (19.41%), Selenium: 10.63µg (15.19%), Vitamin B6: 0.3mg (14.98%), Phosphorus: 149.51mg (14.95%), Manganese: 0.28mg (14.12%), Fiber: 3.1g (12.41%), Folate: 45.7µg (11.42%), Copper: 0.22mg (11.25%), Vitamin B2: 0.19mg (11.22%), Vitamin B1: 0.16mg (10.44%), Magnesium: 41.23mg (10.31%), Iron: 1.75mg (9.72%), Vitamin B3: 1.84mg (9.21%), Vitamin B5: 0.84mg (8.36%), Vitamin A: 381.02IU (7.62%), Vitamin E: 0.97mg (6.48%), Zinc: 0.87mg (5.81%), Vitamin B12: 0.3µg (5%), Calcium: 43.74mg (4.37%), Vitamin D: 0.59µg (3.92%)