



Classic Potato Salad

 Dairy Free

READY IN



37 min.

SERVINGS



6

CALORIES



377 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup celery diced
- ☐ 3 large eggs
- ☐ 1 teaspoon hot sauce
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup onion diced
- ☐ 2 tablespoons relish sweet
- ☐ 2 scallions thinly sliced

- ☐ 1 tablespoon worcestershire sauce
- ☐ 1.3 pounds yukon gold potatoes peeled cut into 1-inch cubes

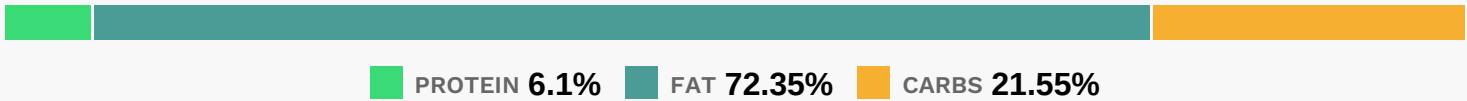
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add the potatoes and cook until tender, about 15 minutes.
- ☐ Drain the potatoes and spread out on a sheet pan to cool. Meanwhile, bring a separate pot of water to a boil. Carefully add the eggs; cook for 12 minutes, then remove to a bowl of ice water to cool completely. Peel the eggs under cold running water, then roughly chop.
- ☐ In a large bowl, combine the onion, celery, relish, Worcestershire sauce, hot sauce, 1 1/2 teaspoons salt, 1 teaspoon pepper and the mayonnaise. Fold in the potatoes, eggs and scallions. Adjust the seasoning to taste.
- ☐ Photograph by Kate Sears

Nutrition Facts



Properties

Glycemic Index:37.46, Glycemic Load:12.56, Inflammation Score:-4, Nutrition Score:11.696521676105%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 376.98kcal (18.85%), Fat: 30.45g (46.84%), Saturated Fat: 5.19g (32.43%), Carbohydrates: 20.41g (6.8%), Net Carbohydrates: 17.79g (6.47%), Sugar: 2.11g (2.34%), Cholesterol: 108.68mg (36.23%), Sodium: 588.94mg (25.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.55%), Vitamin K: 73.57µg (70.06%), Vitamin C: 21.53mg (26.1%), Vitamin B6: 0.35mg (17.54%), Potassium: 519.76mg (14.85%), Selenium: 8.96µg (12.79%), Phosphorus: 122.34mg (12.23%), Fiber: 2.62g (10.49%), Vitamin E: 1.55mg (10.31%), Vitamin B2: 0.17mg (9.97%), Manganese: 0.19mg (9.4%), Folate: 37.18µg (9.29%), Iron: 1.57mg (8.75%), Vitamin B5: 0.77mg (7.68%), Copper: 0.15mg (7.44%), Magnesium: 29.52mg (7.38%), Vitamin B1: 0.1mg (6.91%), Vitamin B3: 1.12mg (5.62%), Vitamin A: 250.76IU (5.02%), Zinc: 0.72mg (4.79%), Vitamin B12: 0.27µg (4.46%), Calcium: 41.09mg (4.11%), Vitamin D: 0.57µg (3.83%)