



Classic Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potatoes halved
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup celery finely chopped
- ☐ 2 tablespoons cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 2 large hard-cooked eggs coarsely chopped
- ☐ 0.3 cup mayonnaise light
- ☐ 0.5 cup onion red finely chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup relish sweet

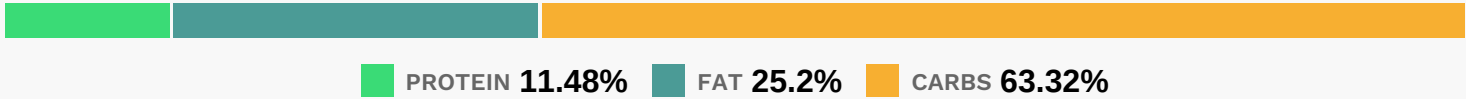
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook potatoes in boiling water 25 minutes or until potatoes are tender; drain and cool completely.
- ☐ Cut potatoes into 1/2-inch cubes.
- ☐ Combine potatoes, onion, celery, relish, and eggs in a large bowl.
- ☐ Combine mayonnaise and remaining ingredients in a small bowl; stir with a whisk.
- ☐ Pour over the potato mixture, tossing gently to coat. Cover and refrigerate at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:41.29, Glycemic Load:16.45, Inflammation Score:-4, Nutrition Score:7.9591303182685%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 167.01kcal (8.35%), Fat: 4.78g (7.35%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 25g (9.09%), Sugar: 4.98g (5.53%), Cholesterol: 64.16mg (21.39%), Sodium: 340.6mg (14.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Vitamin B6: 0.43mg (21.71%), Vitamin K: 18.79µg (17.89%), Potassium: 539.22mg (15.41%), Manganese: 0.24mg (12%), Phosphorus: 102.44mg (10.24%), Selenium: 6.85µg (9.79%), Vitamin C: 7.69mg (9.32%), Fiber: 2.01g (8.04%), Magnesium: 31.9mg (7.97%), Vitamin B2: 0.13mg (7.89%), Vitamin B1: 0.12mg (7.79%), Iron: 1.37mg (7.64%), Copper: 0.14mg (7.01%), Folate: 28.05µg (7.01%), Vitamin

B3: 1.25mg (6.27%), Vitamin B5: 0.62mg (6.18%), Vitamin A: 242.24IU (4.84%), Zinc: 0.57mg (3.83%), Vitamin E: 0.54mg (3.59%), Calcium: 31.23mg (3.12%), Vitamin B12: 0.19µg (3.08%), Vitamin D: 0.37µg (2.44%)