



Classic Potato Salad (Makeover)

 Vegetarian  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



118 kcal

SIDE DISH

Ingredients

- 2 lb potatoes - remove skin red peeled
- 3 hardboiled eggs chopped
- 1 cup celery stalks chopped
- 0.3 cup spring onion chopped
- 0.3 cup bell pepper red chopped
- 0.8 cup mayonnaise reduced-fat
- 0.3 cup pickle relish sweet
- 1 tablespoon mustard yellow

- 1 teaspoon sugar
- 1 teaspoon salt
- 0.5 teaspoon pepper black
- 0.3 teaspoon sauce of the chicken from the turbo broiler
- 1 serving paprika

Equipment

- bowl
- sauce pan

Directions

- In 4-quart saucepan, place potatoes.
- Add water just to cover.
- Heat to boiling. Reduce heat to low; cover and simmer 20 to 30 minutes or until tender.
- Drain; cool slightly.
- Cut into cubes.
- In large bowl, mix potatoes, eggs, celery, onions and bell pepper.
- In small bowl, mix mayonnaise, pickle relish, mustard, sugar, salt, black pepper and pepper sauce until well blended.
- Add dressing to potato mixture; toss gently to mix. Cover; refrigerate at least 1 hour or until serving time.
- Sprinkle top with paprika.

Nutrition Facts



PROTEIN 10.9% **FAT 34.78%** **CARBS 54.32%**

Properties

Glycemic Index:20.42, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:6.3786956175514%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 117.63kcal (5.88%), Fat: 4.66g (7.17%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 16.38g (5.46%), Net Carbohydrates: 14.65g (5.33%), Sugar: 3.76g (4.18%), Cholesterol: 48.87mg (16.29%), Sodium: 404.3mg (17.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Vitamin K: 21.24µg (20.23%), Vitamin C: 11.18mg (13.56%), Potassium: 406.35mg (11.61%), Vitamin B6: 0.17mg (8.29%), Vitamin A: 381.45IU (7.63%), Phosphorus: 76.03mg (7.6%), Manganese: 0.15mg (7.3%), Selenium: 5.08µg (7.26%), Fiber: 1.73g (6.91%), Folate: 25.69µg (6.42%), Vitamin B2: 0.1mg (5.97%), Copper: 0.12mg (5.93%), Magnesium: 21.18mg (5.29%), Vitamin B1: 0.08mg (5.21%), Iron: 0.89mg (4.95%), Vitamin B3: 0.98mg (4.91%), Vitamin B5: 0.44mg (4.35%), Vitamin E: 0.61mg (4.06%), Zinc: 0.44mg (2.94%), Vitamin B12: 0.14µg (2.31%), Calcium: 21.55mg (2.15%), Vitamin D: 0.28µg (1.83%)