



Classic Potato Salad (Makeover)

 Vegetarian  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



123 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 1 cup celery stalks chopped
- 0.3 cup spring onion chopped
- 3 hardboiled eggs chopped
- 0.8 cup mayonnaise reduced-fat
- 12 servings paprika
- 0.3 teaspoon hot sauce
- 0.3 cup bell pepper red chopped

- 2 lb potatoes – remove skin red peeled
- 1 teaspoon salt
- 1 teaspoon sugar
- 0.3 cup pickle relish sweet
- 1 tablespoon mustard yellow

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 11.1% **FAT 34.5%** **CARBS 54.4%**

Properties

Glycemic Index:20.42, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:8.0743478640266%

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: 122.81kcal (6.14%), Fat: 4.9g (7.53%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 17.37g (5.79%), Net Carbohydrates: 15g (5.45%), Sugar: 3.95g (4.39%), Cholesterol: 48.87mg (16.29%), Sodium: 404.6mg (17.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Vitamin A: 1284.57IU (25.69%), Vitamin K: 22.72µg (21.64%), Vitamin C: 11.26mg (13.65%), Potassium: 448.27mg (12.81%), Vitamin B6: 0.21mg (10.26%), Fiber: 2.37g (9.47%), Manganese: 0.18mg (8.76%), Phosphorus: 81.8mg (8.18%), Vitamin E: 1.14mg (7.62%), Selenium: 5.2µg (7.43%), Vitamin B2: 0.12mg (7.3%), Iron: 1.28mg (7.1%), Folate: 26.6µg (6.65%), Copper: 0.13mg (6.58%), Magnesium: 24.44mg (6.11%), Vitamin B3: 1.17mg (5.84%), Vitamin B1: 0.08mg (5.62%), Vitamin B5: 0.48mg (4.81%), Zinc: 0.52mg (3.47%), Calcium: 25.75mg (2.58%), Vitamin B12: 0.14µg (2.31%), Vitamin D: 0.28µg (1.83%)