



Country-Style Smashed Potato Salad

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



45 kcal

SIDE DISH

Ingredients

- 1 stalk celery chopped
- 3 green onions thinly sliced
- 4 hard-cooked eggs divided
- 0.8 cup miracle whip dressing
- 0.5 tsp paprika
- 2 Tbsp claussen pickle relish sweet
- 6 radishes thinly sliced
- 1 Tbsp citrus champagne vinegar

3 lb yukon gold potatoes peeled cut into 1-inch chunks (6 large)

Equipment

bowl

sauce pan

Directions

Cook potatoes in boiling water in saucepan 10 to 15 min. or until very tender; drain well.

Transfer to large bowl; cool 5 min. Meanwhile, chop 3 eggs; slice remaining egg.

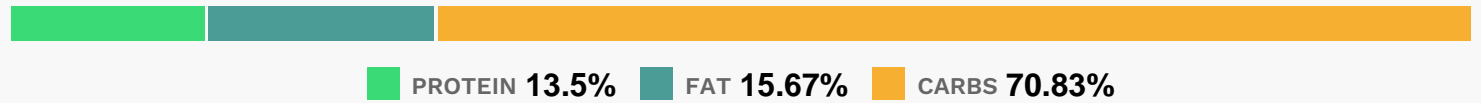
Add chopped eggs, onions, celery, radishes and relish to potatoes; mix lightly.

Mix dressing and vinegar.

Add to potato mixture; mix well.

Sprinkle with paprika; top with egg slices.

Nutrition Facts



Properties

Glycemic Index:5.56, Glycemic Load:5, Inflammation Score:-1, Nutrition Score:2.7486956145452%

Flavonoids

Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 45.27kcal (2.26%), Fat: 0.8g (1.23%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 7.12g (2.59%), Sugar: 1.23g (1.37%), Cholesterol: 21.81mg (7.27%), Sodium: 60.83mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.11%), Vitamin C: 8mg (9.7%), Vitamin B6: 0.12mg (6.22%), Potassium: 182.1mg (5.2%), Fiber: 1.04g (4.14%), Vitamin K: 3.97µg (3.78%), Phosphorus: 33.31mg (3.33%), Manganese: 0.07mg (3.26%), Selenium: 1.89µg (2.71%), Vitamin B2: 0.04mg (2.6%), Magnesium: 10.03mg (2.51%), Folate: 10µg (2.5%), Vitamin B1: 0.04mg (2.39%), Iron: 0.41mg (2.3%), Copper: 0.05mg (2.27%), Vitamin B3: 0.43mg (2.15%), Vitamin B5: 0.2mg (2.01%), Vitamin A: 76.32IU (1.53%), Zinc: 0.18mg (1.22%), Vitamin B12: 0.06µg (1.06%)