



Creamy Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



183 kcal

SIDE DISH

Ingredients

- 1.5 tsp grey poupon dijon mustard
- 4 green onions sliced
- 1 hard-cooked egg chopped
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 0.3 cup miracle whip dressing light kraft
- 1 lb potatoes red cut into chunks (3)

Equipment

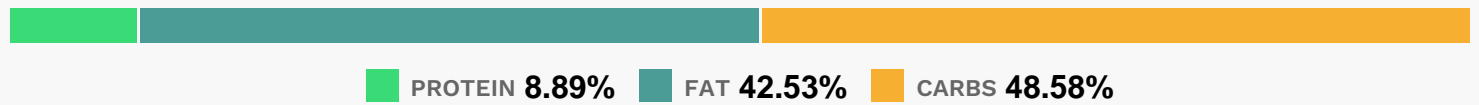
- bowl

sauce pan

Directions

- Cook potatoes in boiling water in saucepan 15 min. or until tender; drain. Rinse with cold water until cooled; drain.
- Mix dressings and mustard in large bowl.
- Add potatoes, eggs and onions; mix lightly.
- Refrigerate 30 min.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:8.8860869666804%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 183.41kcal (9.17%), Fat: 8.81g (13.56%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 20.33g (7.39%), Sugar: 4.16g (4.62%), Cholesterol: 49.61mg (16.54%), Sodium: 358.68mg (15.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.29%), Vitamin K: 46.44µg (44.23%), Potassium: 585.77mg (16.74%), Vitamin C: 12.07mg (14.64%), Vitamin B6: 0.23mg (11.31%), Phosphorus: 102.14mg (10.21%), Manganese: 0.2mg (9.8%), Fiber: 2.32g (9.28%), Folate: 34.47µg (8.62%), Copper: 0.17mg (8.56%), Selenium: 5.91µg (8.44%), Vitamin B1: 0.11mg (7.65%), Magnesium: 30.61mg (7.65%), Vitamin B3: 1.41mg (7.03%), Iron: 1.25mg (6.93%), Vitamin B2: 0.11mg (6.48%), Vitamin E: 0.94mg (6.29%), Vitamin B5: 0.52mg (5.17%), Vitamin A: 212.26IU (4.25%), Zinc: 0.59mg (3.92%), Calcium: 30.44mg (3.04%), Vitamin B12: 0.14µg (2.31%), Vitamin D: 0.28µg (1.83%)