



Creamy Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



295 min.

SERVINGS



10

CALORIES



175 kcal

SIDE DISH

Ingredients

- 1.5 pounds potatoes white red peeled (6 medium)
- 1.5 cups salad dressing
- 1 tablespoon apple cider vinegar white
- 1 tablespoon mustard yellow
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 1 cup celery stalks chopped
- 0.5 cup onion chopped

4 hardboiled eggs chopped

1 serving paprika

Equipment

bowl

sauce pan

Directions

Place potatoes in 3-quart saucepan; add enough water to cover potatoes. Cover and heat to boiling; reduce heat to low. Cook covered 25 to 30 minutes or until potatoes are tender; drain.

Let stand until cool enough to handle.

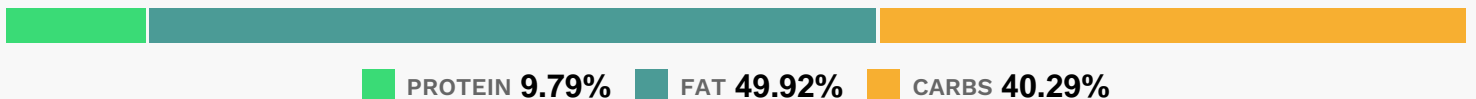
Cut potatoes into cubes.

Mix mayonnaise, vinegar, mustard, salt and pepper in large glass or plastic bowl.

Add potatoes, celery and onion; toss. Stir in eggs.

Sprinkle with paprika. Cover and refrigerate at least 4 hours to blend flavors and chill. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:8.93, Inflammation Score:-3, Nutrition Score:7.4352174323538%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 174.52kcal (8.73%), Fat: 9.72g (14.96%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 15.71g (5.71%), Sugar: 5.08g (5.65%), Cholesterol: 74.6mg (24.87%), Sodium: 636.58mg (27.68%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Vitamin K: 24.35µg (23.19%), Vitamin C: 14.46mg (17.52%), Vitamin B6: 0.27mg (13.5%), Potassium: 387.81mg (11.08%), Selenium: 7.68µg (10.97%), Phosphorus: 85.66mg (8.57%), Manganese: 0.16mg (8.05%), Vitamin B2: 0.14mg (7.99%), Fiber: 1.94g (7.77%), Vitamin E: 1.08mg (7.18%), Folate: 25.05µg (6.26%), Magnesium: 22.56mg (5.64%), Vitamin B1: 0.08mg (5.6%), Iron: 0.97mg (5.41%), Vitamin A: 263.41IU (5.27%), Vitamin B5: 0.53mg (5.26%), Copper: 0.09mg (4.65%), Vitamin B3: 0.85mg (4.23%), Vitamin B12: 0.22µg (3.7%), Zinc: 0.48mg (3.19%), Calcium: 30.5mg (3.05%), Vitamin D: 0.44µg (2.93%)