



## Creamy Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



1

CALORIES



734 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

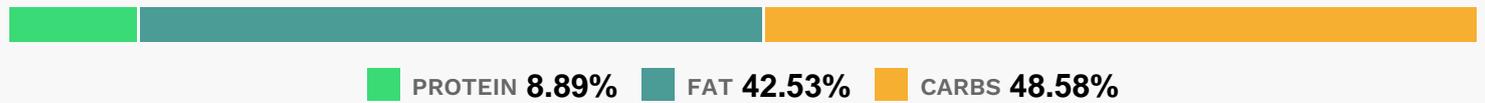
- bowl

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:64, Glycemic Load:0.75, Inflammation Score:-8, Nutrition Score:32.19869588769%

## Flavonoids

Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg

## Nutrients (% of daily need)

Calories: 733.66kcal (36.68%), Fat: 35.26g (54.24%), Saturated Fat: 6.14g (38.35%), Carbohydrates: 90.6g (30.2%), Net Carbohydrates: 81.32g (29.57%), Sugar: 16.64g (18.49%), Cholesterol: 198.45mg (66.15%), Sodium: 1434.71mg (62.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.58g (33.15%), Vitamin K: 185.77µg (176.93%), Potassium: 2343.07mg (66.94%), Vitamin C: 48.3mg (58.54%), Vitamin B6: 0.91mg (45.26%), Phosphorus: 408.56mg (40.86%), Manganese: 0.78mg (39.2%), Fiber: 9.28g (37.13%), Folate: 137.88µg (34.47%), Copper: 0.69mg (34.25%), Selenium: 23.62µg (33.75%), Magnesium: 122.42mg (30.61%), Vitamin B1: 0.46mg (30.58%), Vitamin B3: 5.62mg (28.11%), Iron: 4.99mg (27.74%), Vitamin B2: 0.44mg (25.91%), Vitamin E: 3.77mg (25.15%), Vitamin B5: 2.07mg (20.66%), Vitamin A: 849.05IU (16.98%), Zinc: 2.35mg (15.67%), Calcium: 121.76mg (12.18%), Vitamin B12: 0.56µg (9.25%), Vitamin D: 1.1µg (7.33%)