



Creamy Red Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

Ingredients

- 1 teaspoon apple cider vinegar
- 2 teaspoons capers
- 1 rib celery finely chopped
- 3 hardboiled eggs chopped
- 2 tablespoons olives green with pimento sliced
- 1 teaspoon lemon herb seasoning (recommended: McCormick)
- 3 tablespoons mayonnaise
- 2 tablespoons freshly parsley leaves chopped

- 0.3 cup onion red finely chopped
- 16 ounce potatoes diced red pre-cooked (recommended: Reser's)

Equipment

- bowl

Directions

- Combine all ingredients in a large bowl. Stir to combine.
- Serve immediately.

Nutrition Facts

PROTEIN 13.01% **FAT 50.7%** **CARBS 36.29%**

Properties

Glycemic Index:53.25, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:11.866956482763%

Flavonoids

Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 222.57kcal (11.13%), Fat: 12.67g (19.49%), Saturated Fat: 2.59g (16.22%), Carbohydrates: 20.4g (6.8%), Net Carbohydrates: 17.79g (6.47%), Sugar: 2.55g (2.84%), Cholesterol: 144.29mg (48.1%), Sodium: 233.36mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.63%), Vitamin K: 57.41µg (54.67%), Potassium: 626.63mg (17.9%), Selenium: 12.52µg (17.89%), Vitamin C: 13.51mg (16.37%), Phosphorus: 143.49mg (14.35%), Vitamin B2: 0.24mg (14.26%), Manganese: 0.26mg (13.22%), Vitamin B6: 0.26mg (13.16%), Folate: 46.41µg (11.6%), Fiber: 2.61g (10.46%), Copper: 0.18mg (9.22%), Vitamin B5: 0.91mg (9.12%), Vitamin A: 443.18IU (8.86%), Iron: 1.55mg (8.6%), Vitamin B1: 0.13mg (8.51%), Magnesium: 33.59mg (8.4%), Vitamin B12: 0.43µg (7.15%), Vitamin B3: 1.42mg (7.09%), Vitamin E: 0.95mg (6.35%), Vitamin D: 0.85µg (5.64%), Zinc: 0.85mg (5.64%), Calcium: 44.77mg (4.48%)