



Dad's Potato Salad

 Dairy Free

READY IN



175 min.

SERVINGS



15

CALORIES



591 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup dill pickle juice or as needed
- ☐ 16 ounce dill pickles chopped reserve juice
- ☐ 12 eggs
- ☐ 2 bunches green onions chopped
- ☐ 3 cups mayonnaise to taste
- ☐ 5 pounds potatoes unpeeled
- ☐ 15 servings salt and pepper to taste
- ☐ 16 ounce spiral pasta uncooked

☐ 2 tablespoons worcestershire sauce

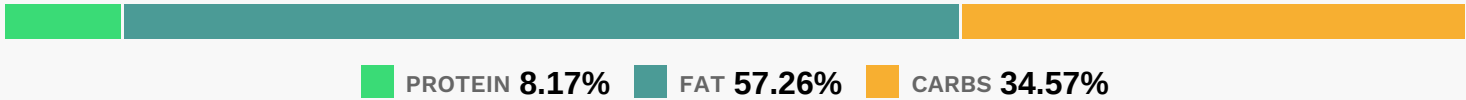
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ colander

Directions

- ☐ Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- ☐ Drain and allow to steam dry for a minute or two. Allow the potatoes to cool.
- ☐ While potatoes are cooking, place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes.
- ☐ Pour out the hot water, then cool the eggs under cold running water in the sink. Peel once cold.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the spiral pasta, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- ☐ Drain well in a colander set in the sink, rinse with cold water, and let cool.
- ☐ Peel the potatoes. Chop potatoes and hard-cooked eggs into bite-size pieces in a large bowl.
- ☐ Mix in the cooked pasta, dill pickles, and green onions. In a bowl, stir together the mayonnaise, Worcestershire sauce, enough dill pickle juice to make a creamy dressing, and salt and pepper to taste.
- ☐ Pour the dressing over the potato mixture, and toss lightly to coat all ingredients with dressing. Chill the salad until cold, at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:13.85, Glycemic Load:28.59, Inflammation Score:-5, Nutrition Score:19.196956551593%

Flavonoids

Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 591.11kcal (29.56%), Fat: 37.59g (57.83%), Saturated Fat: 6.49g (40.57%), Carbohydrates: 51.06g (17.02%), Net Carbohydrates: 46.38g (16.86%), Sugar: 3.06g (3.4%), Cholesterol: 149.76mg (49.92%), Sodium: 872.6mg (37.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.07g (24.13%), Vitamin K: 87.76µg (83.58%), Selenium: 31.43µg (44.9%), Vitamin C: 31.32mg (37.96%), Vitamin B6: 0.56mg (28.23%), Manganese: 0.54mg (27.07%), Potassium: 822.38mg (23.5%), Phosphorus: 229.82mg (22.98%), Fiber: 4.68g (18.72%), Vitamin B2: 0.26mg (15.21%), Copper: 0.3mg (14.99%), Magnesium: 58.53mg (14.63%), Iron: 2.52mg (14.01%), Folate: 53.07µg (13.27%), Vitamin E: 1.94mg (12.95%), Vitamin B1: 0.18mg (12.29%), Vitamin B5: 1.21mg (12.12%), Vitamin B3: 2.2mg (11%), Zinc: 1.44mg (9.58%), Calcium: 68.97mg (6.9%), Vitamin A: 311.26IU (6.23%), Vitamin B12: 0.37µg (6.12%), Vitamin D: 0.79µg (5.29%)