



Dad's Potato Salad



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



364 kcal

SIDE DISH

Ingredients

- ☐ 3 mid sized russet potatoes peeled cut into 1-inch chunks
- ☐ 4 Tbsp juice from kosher dill pickles
- ☐ 3 Tbsp dill pickles finely chopped
- ☐ 0.3 cup parsley chopped
- ☐ 0.5 cup onion red chopped
- ☐ 2 stalks celery chopped
- ☐ 1 scallions chopped
- ☐ 1 hardboiled eggs chopped

- ☐ 1 medium carrots finely chopped
- ☐ 0.5 bell pepper raw red chopped
- ☐ 0.5 cup mayonnaise
- ☐ 2 teaspoons dijon mustard
- ☐ 4 servings kosher salt and pepper black freshly ground to taste

Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Boil the peeled, cut potatoes:
- ☐ Place peeled, cut potatoes in a large pot. Cover with an inch of salted water. Bring a pot of water to boil.
- ☐ Simmer for 10–20 minutes until just fork tender.
- ☐ Remove the potatoes from pot.
- ☐ Let the potatoes cool enough to handle, but still warm.
- ☐ Put potatoes in a bowl, add pickle juice, pickles, parsley, onions celery, scallions, hard boiled egg, carrots, bell pepper:
- ☐ Put the potatoes in to a large bowl.
- ☐ Add the juice from the Kosher dill pickles.
- ☐ Add the finely chopped pickles themselves.
- ☐ Add parsley, onions, celery, scallions and, if using, the hard boiled egg, carrots, and red bell pepper.
- ☐ Mix mayonnaise and mustard, stir into potato mixture, add salt and pepper: In a separate small bowl, mix mayonnaise with mustard.
- ☐ Add salt and pepper to taste.
- ☐ Mix in the dressing with the potato mixture. Again, salt and pepper to taste.

Nutrition Facts



 **PROTEIN 6.81%**  **FAT 55.26%**  **CARBS 37.93%**

Properties

Glycemic Index:100.15, Glycemic Load:24.06, Inflammation Score:-10, Nutrition Score:19.947391468546%

Flavonoids

Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 364.09kcal (18.2%), Fat: 22.77g (35.03%), Saturated Fat: 3.79g (23.69%), Carbohydrates: 35.16g (11.72%), Net Carbohydrates: 31.09g (11.3%), Sugar: 4.22g (4.69%), Cholesterol: 58.38mg (19.46%), Sodium: 468.29mg (20.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.63%), Vitamin K: 129.49µg (123.33%), Vitamin A: 3583.86IU (71.68%), Vitamin C: 37.25mg (45.15%), Vitamin B6: 0.69mg (34.38%), Potassium: 912mg (26.06%), Manganese: 0.39mg (19.35%), Fiber: 4.07g (16.28%), Folate: 59.89µg (14.97%), Phosphorus: 145.33mg (14.53%), Vitamin B1: 0.2mg (13.03%), Magnesium: 51.74mg (12.94%), Iron: 2.16mg (11.99%), Vitamin B2: 0.18mg (10.77%), Vitamin B3: 2.15mg (10.76%), Copper: 0.21mg (10.68%), Vitamin E: 1.54mg (10.28%), Vitamin B5: 0.91mg (9.05%), Selenium: 6.22µg (8.89%), Calcium: 71.25mg (7.13%), Zinc: 0.87mg (5.79%), Vitamin B12: 0.17µg (2.87%), Vitamin D: 0.33µg (2.21%)