



Delicious Potato Salad

 **Gluten Free**  **Dairy Free**

READY IN



180 min.

SERVINGS



8

CALORIES



378 kcal

SIDE DISH

Ingredients

- 2 apples cored chopped
- 3 dill pickles chopped
- 8 servings salt and ground pepper black to taste
- 3 hard-cooked eggs chopped
- 3 tablespoons mayonnaise
- 1 onion chopped
- 1 pinch paprika to taste
- 8 potatoes

- 3 tablespoons red wine vinegar
- 0.5 pound genoa salami cubed

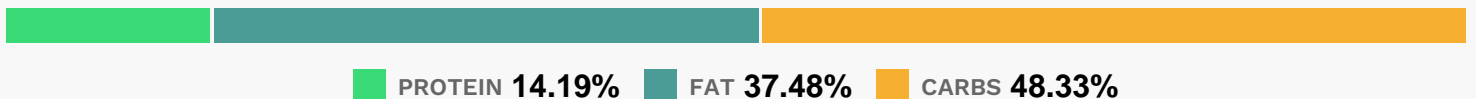
Equipment

- bowl
- frying pan
- pot

Directions

- Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- Drain, cool, and cut into chunks.
- Cook salami in a skillet over medium heat until heated through, about 5 minutes; drain off excess fat and allow to cool.
- Mix potatoes, eggs, apples, onion, and pickles in a large bowl.
- Stir salami, mayonnaise, red wine vinegar, salt, black pepper, and paprika into the potato mixture. Chill for at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:33.47, Glycemic Load:29.34, Inflammation Score:-5, Nutrition Score:18.259565094243%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 377.6kcal (18.88%), Fat: 15.87g (24.41%), Saturated Fat: 4.69g (29.33%), Carbohydrates: 46.04g (15.35%), Net Carbohydrates: 39.75g (14.46%), Sugar: 7.53g (8.37%), Cholesterol: 94.54mg (31.51%), Sodium: 908.5mg (39.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.51g (27.03%), Vitamin C: 45.61mg (55.29%), Vitamin B6: 0.85mg (42.57%), Potassium: 1128.43mg (32.24%), Vitamin B1: 0.47mg (31.51%), Fiber: 6.29g (25.14%), Phosphorus: 233.22mg (23.32%), Manganese: 0.41mg (20.58%), Selenium: 13.81µg (19.73%), Vitamin B3: 3.93mg (19.65%), Vitamin K: 17.99µg (17.13%), Vitamin B2: 0.29mg (16.98%), Vitamin B12: 1.01µg (16.8%), Magnesium: 62.93mg (15.73%), Copper: 0.3mg (15.24%), Zinc: 2.08mg (13.9%), Iron: 2.44mg (13.56%), Vitamin B5: 1.26mg (12.61%), Folate: 49.11µg (12.28%), Calcium: 58.9mg (5.89%), Vitamin A: 181.33IU (3.63%), Vitamin E: 0.51mg (3.37%), Vitamin D: 0.42µg (2.82%)