



Deviled Potato Salad



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 2 lb yukon gold potatoes cut into 1/2-inch chunks
- ☐ 2 eggs
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 teaspoon ground mustard
- ☐ 0.5 teaspoon paprika sweet
- ☐ 1 serving salt and pepper to taste

Equipment

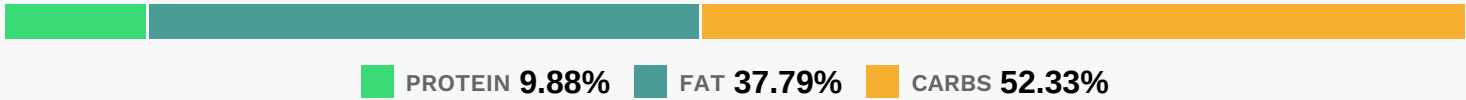
- ☐ food processor

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ In 4-quart stockpot or Dutch oven, place potato chunks; add enough water to cover by 1 to 2 inches.
- ☐ Heat to boiling over high heat. Reduce heat to medium; cover and cook 20 to 25 minutes or until tender.
- ☐ Drain; cool 20 minutes.
- ☐ Meanwhile, peel hard-cooked eggs; place in food processor.
- ☐ Add mayonnaise, mustard and paprika. Process with on/off pulses until smooth.
- ☐ In large bowl, mix cooled potatoes and egg mixture until well coated.
- ☐ Add salt and pepper to taste. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:14.53, Inflammation Score:-3, Nutrition Score:7.336086946985%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 151.32kcal (7.57%), Fat: 6.42g (9.88%), Saturated Fat: 1.2g (7.48%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 17.47g (6.35%), Sugar: 0.98g (1.09%), Cholesterol: 43.86mg (14.62%), Sodium: 91.19mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin C: 22.34mg (27.08%), Vitamin B6: 0.36mg (17.84%), Potassium: 497.3mg (14.21%), Vitamin K: 13.7µg (13.05%), Fiber: 2.55g (10.18%), Manganese: 0.18mg (9.03%), Phosphorus: 88.8mg (8.88%), Magnesium: 27.93mg (6.98%), Copper: 0.13mg (6.65%), Vitamin B1: 0.1mg (6.45%), Iron: 1.12mg (6.24%), Vitamin B3: 1.22mg (6.09%), Folate: 23.83µg (5.96%), Selenium: 4.02µg (5.74%), Vitamin B2: 0.09mg (5.27%), Vitamin B5: 0.52mg (5.2%), Zinc: 0.49mg (3.27%), Vitamin E: 0.4mg (2.64%), Vitamin A: 127.8IU (2.56%), Calcium: 20.8mg (2.08%), Vitamin B12: 0.11µg (1.77%), Vitamin D: 0.23µg (1.56%)