



Down-Home Potato Salad

 Gluten Free

READY IN



210 min.

SERVINGS



10

CALORIES



150 kcal

SIDE DISH

Ingredients

- 2 cups cherry tomatoes quartered
- 1 lb ham cooked chopped
- 0.3 cup grey poupon dijon mustard
- 3 green onions chopped
- 0.3 cup miracle whip dressing kraft
- 2 lb potatoes red cooked chopped (6)
- 2 Tbsp citrus champagne vinegar

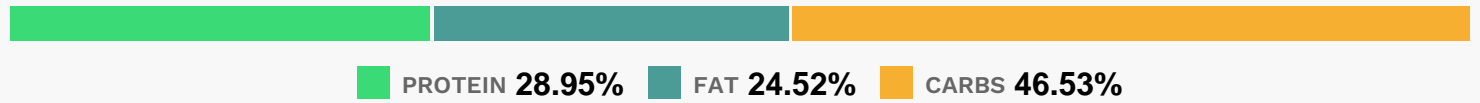
Equipment

bowl

Directions

- Combine first 4 ingredients in large bowl.
- Mix mustard, mayo and vinegar until blended.
- Add to potato mixture; mix lightly.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:10.827391230542%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 150.37kcal (7.52%), Fat: 4.13g (6.36%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 17.65g (5.88%), Net Carbohydrates: 15.29g (5.56%), Sugar: 2.99g (3.32%), Cholesterol: 33.88mg (11.29%), Sodium: 702.6mg (30.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.96%), Vitamin C: 25.89mg (31.38%), Vitamin B1: 0.34mg (22.82%), Phosphorus: 207.09mg (20.71%), Potassium: 632.91mg (18.08%), Selenium: 12.43µg (17.75%), Vitamin B6: 0.3mg (15.09%), Vitamin B3: 2.88mg (14.39%), Manganese: 0.22mg (11.11%), Vitamin B12: 0.64µg (10.66%), Vitamin K: 11.04µg (10.52%), Copper: 0.21mg (10.25%), Zinc: 1.42mg (9.47%), Fiber: 2.36g (9.45%), Magnesium: 36.99mg (9.25%), Vitamin B2: 0.15mg (8.88%), Iron: 1.46mg (8.11%), Vitamin B5: 0.72mg (7.15%), Folate: 24.45µg (6.11%), Vitamin A: 199.72IU (3.99%), Calcium: 23.58mg (2.36%), Vitamin E: 0.22mg (1.5%)