



Dressing for Potato Salad



Gluten Free



Popular

READY IN



5 min.

SERVINGS



4

CALORIES



254 kcal

SALAD

Ingredients

- ☐ 1 tablespoon catsup
- ☐ 0.5 cup mayonnaise
- ☐ 2 teaspoons mustard prepared
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1.5 teaspoons worcestershire sauce

Equipment

Directions

☐ Mix together the mayonnaise, sour cream, mustard, ketchup, Worcestershire sauce, onion and salt and pepper. Refrigerate until ready to toss with potatoes.

Nutrition Facts



PROTEIN 1.74% **FAT 93.45%** **CARBS 4.81%**

Properties

Glycemic Index:20.5, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:3.7569565552732%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 254.37kcal (12.72%), Fat: 26.61g (40.94%), Saturated Fat: 6.19g (38.67%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.96g (1.08%), Sugar: 2.2g (2.44%), Cholesterol: 28.72mg (9.57%), Sodium: 471.27mg (20.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Vitamin K: 46.24µg (44.04%), Vitamin E: 1.09mg (7.29%), Vitamin A: 220.1IU (4.4%), Vitamin B2: 0.06mg (3.79%), Selenium: 2.6µg (3.71%), Calcium: 35.94mg (3.59%), Phosphorus: 32.76mg (3.28%), Potassium: 73.86mg (2.11%), Vitamin B12: 0.09µg (1.57%), Vitamin B5: 0.15mg (1.54%), Iron: 0.25mg (1.4%), Magnesium: 5.14mg (1.28%), Zinc: 0.16mg (1.09%), Vitamin B6: 0.02mg (1.08%), Vitamin B1: 0.02mg (1.02%), Copper: 0.02mg (1.01%)