

Dressing for Potato Salad

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



262 kcal

SALAD

Ingredients

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

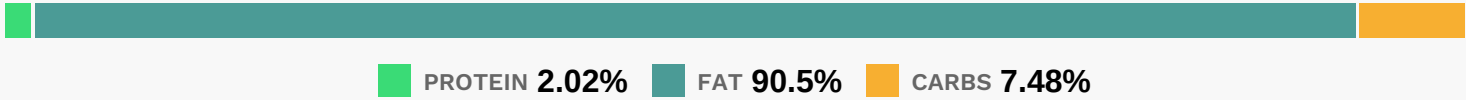
Equipment

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



Properties

Glycemic Index:27.25, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:4.2517390847206%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 262.37kcal (13.12%), Fat: 26.63g (40.97%), Saturated Fat: 6.2g (38.72%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 4.49g (1.63%), Sugar: 3.05g (3.39%), Cholesterol: 28.72mg (9.57%), Sodium: 472.07mg (20.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Vitamin K: 46.32µg (44.12%), Vitamin E: 1.1mg (7.31%), Vitamin A: 220.5IU (4.41%), Vitamin B2: 0.07mg (4.11%), Calcium: 40.54mg (4.05%), Phosphorus: 38.56mg (3.86%), Selenium: 2.7µg (3.85%), Potassium: 103.07mg (2.94%), Vitamin C: 2.19mg (2.66%), Manganese: 0.05mg (2.28%), Vitamin B6: 0.05mg (2.28%), Folate: 7.62µg (1.9%), Fiber: 0.46g (1.84%), Magnesium: 7.14mg (1.79%), Vitamin B5: 0.18mg (1.79%), Iron: 0.29mg (1.64%), Vitamin B1: 0.02mg (1.63%), Vitamin B12: 0.09µg (1.57%), Copper: 0.03mg (1.4%), Zinc: 0.2mg (1.32%)