



Egg-and-Olive Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



38 min.

SERVINGS



8

CALORIES



530 kcal

SIDE DISH

Ingredients

- ☐ 1 large rib celery diced
- ☐ 5 hard-cooked eggs grated
- ☐ 1.5 cups mayonnaise
- ☐ 0.5 teaspoon pepper
- ☐ 7 oz pimiento-stuffed olives drained chopped
- ☐ 3.5 pounds potatoes (4 large)
- ☐ 1 teaspoon salt
- ☐ 0.5 small onion sweet grated

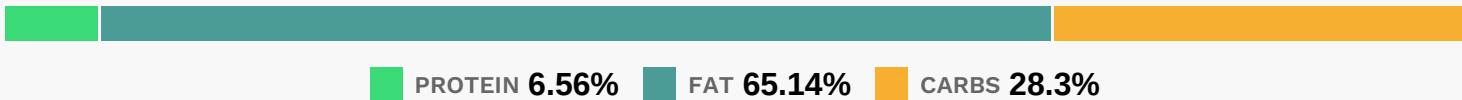
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Peel potatoes, and cut into 1-inch cubes. Cook potatoes and salt in boiling water to cover in a Dutch oven 15 to 18 minutes or just until tender.
- ☐ Drain potatoes, and let cool 10 minutes.
- ☐ Stir together eggs and next 5 ingredients in a large bowl.
- ☐ Add potatoes, and toss gently to coat. Cover and chill 2 hours.
- ☐ Sprinkle with paprika, if desired.

Nutrition Facts



Properties

Glycemic Index:24.72, Glycemic Load:25.51, Inflammation Score:-6, Nutrition Score:17.444347899893%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 529.76kcal (26.49%), Fat: 38.73g (59.58%), Saturated Fat: 6.49g (40.57%), Carbohydrates: 37.86g (12.62%), Net Carbohydrates: 32.45g (11.8%), Sugar: 3.31g (3.68%), Cholesterol: 134.2mg (44.73%), Sodium: 996.79mg (43.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.56%), Vitamin K: 72.97µg (69.5%), Vitamin C: 40.09mg (48.59%), Vitamin B6: 0.66mg (33.08%), Potassium: 920.32mg (26.29%), Fiber: 5.4g (21.62%), Phosphorus: 182.49mg (18.25%), Vitamin E: 2.67mg (17.8%), Manganese: 0.35mg (17.36%), Selenium: 11.52µg (16.46%), Vitamin B2: 0.24mg (14%), Magnesium: 54.01mg (13.5%), Copper: 0.27mg (13.48%), Folate: 53.17µg (13.29%), Vitamin B1: 0.2mg (13.16%), Iron: 2.2mg (12.21%), Vitamin B5: 1.12mg (11.25%), Vitamin B3: 2.2mg (11%), Zinc: 1.01mg (6.71%), Vitamin B12: 0.4µg (6.62%), Calcium: 60.62mg (6.06%), Vitamin A: 292.71IU (5.85%), Vitamin D:

0.77μg (5.14%)