



Eggy Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



440 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup celery finely chopped
- ☐ 0.3 cup green onions sliced
- ☐ 2 hardboiled eggs refrigerated chopped (from or deli section)
- ☐ 0.3 cup mayonnaise
- ☐ 14.5 ounce new potatoes rinsed drained sliced canned
- ☐ 2 servings salt and pepper
- ☐ 1 teaspoon relish sweet
- ☐ 2 teaspoons mustard yellow prepared

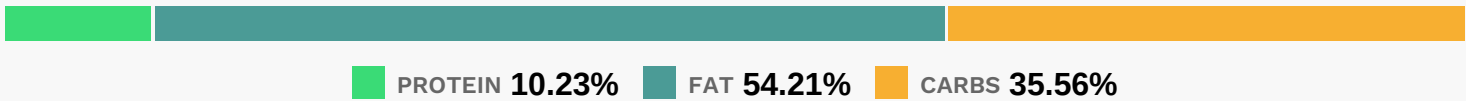
Equipment

☐ bowl

Directions

☐ Stir green onions, celery, mayonnaise, mustard, and relish in a medium bowl to blend. Stir in eggs. Fold in potatoes. Cover tightly and refrigerate salad 30 minutes or up to 1 day. Season, to taste, with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:114.88, Glycemic Load:26.69, Inflammation Score:-6, Nutrition Score:20.41956513861%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 439.56kcal (21.98%), Fat: 26.67g (41.03%), Saturated Fat: 4.99g (31.17%), Carbohydrates: 39.37g (13.12%), Net Carbohydrates: 33.97g (12.35%), Sugar: 3.68g (4.09%), Cholesterol: 198.26mg (66.09%), Sodium: 533.96mg (23.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.65%), Vitamin K: 90.06µg (85.78%), Vitamin C: 44.06mg (53.41%), Vitamin B6: 0.69mg (34.62%), Potassium: 1020.89mg (29.17%), Selenium: 18.51µg (26.45%), Phosphorus: 223.98mg (22.4%), Fiber: 5.4g (21.6%), Vitamin B2: 0.35mg (20.72%), Manganese: 0.39mg (19.54%), Folate: 71.87µg (17.97%), Magnesium: 59.8mg (14.95%), Vitamin B1: 0.22mg (14.77%), Iron: 2.63mg (14.62%), Vitamin B5: 1.41mg (14.14%), Copper: 0.26mg (12.9%), Vitamin B3: 2.36mg (11.8%), Vitamin A: 539.16IU (10.78%), Vitamin E: 1.61mg (10.74%), Vitamin B12: 0.59µg (9.81%), Zinc: 1.28mg (8.54%), Vitamin D: 1.16µg (7.71%), Calcium: 72.3mg (7.23%)