



Favorite Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



290 min.

SERVINGS



10

CALORIES



185 kcal

SIDE DISH

Ingredients

- 2 pounds potato boiling
- 1.5 cups salad dressing
- 1 tablespoon apple cider vinegar white
- 1 tablespoon mustard yellow
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 1 cup celery stalks chopped
- 0.5 cup onion chopped

4 hardboiled eggs hard cooked chopped

Equipment

bowl

Directions

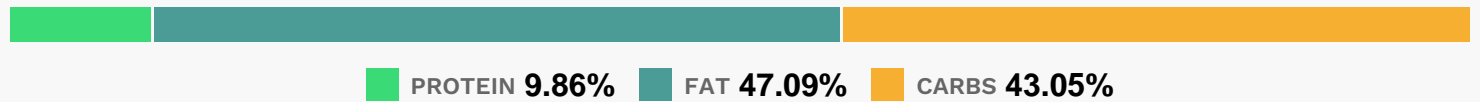
Scrub potatoes. Leaves skins on if desired, or peel thinly and remove eyes.

Heat 1 inch water (salted if desired) to boiling; add potatoes. Cover and heat to boiling; reduce heat. Cook 30 to 35 minutes or until potatoes are tender; drain. Cool slightly; cut into cubes (about 6 cups).

Mix mayonnaise, vinegar, mustard, salt and pepper in 4-quart glass or plastic bowl.

Add potatoes, celery and onion; toss. Stir in eggs. Cover and refrigerate at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:16.3, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:7.6600000236345%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 185.07kcal (9.25%), Fat: 9.76g (15.02%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 18.17g (6.61%), Sugar: 5.7g (6.34%), Cholesterol: 74.6mg (24.87%), Sodium: 648.69mg (28.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Vitamin K: 25.53µg (24.31%), Potassium: 509.58mg (14.56%), Selenium: 7.91µg (11.31%), Vitamin B6: 0.22mg (10.96%), Vitamin C: 8.85mg (10.73%), Phosphorus: 101.59mg (10.16%), Manganese: 0.18mg (9.09%), Vitamin B2: 0.14mg (8.22%), Fiber: 1.92g (7.67%), Folate: 30.4µg (7.6%), Copper: 0.14mg (6.98%), Vitamin B1: 0.1mg (6.83%), Vitamin E: 1.02mg (6.81%), Magnesium: 26.52mg (6.63%), Iron: 1.06mg (5.9%), Vitamin B3: 1.15mg (5.76%), Vitamin B5: 0.57mg (5.73%), Zinc: 0.57mg (3.81%), Vitamin B12: 0.22µg (3.7%), Vitamin A: 169.89IU (3.4%), Calcium: 30.95mg (3.09%), Vitamin D: 0.44µg (2.93%)