



Fipp Family Light Potato Salad

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



221 kcal

SIDE DISH

Ingredients

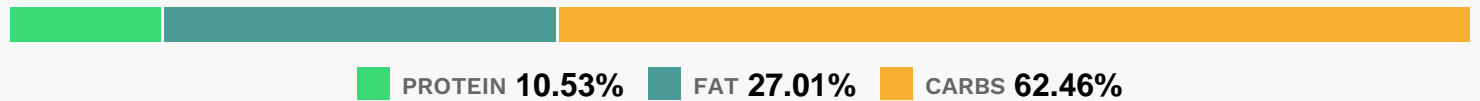
- 4 pounds baking potatoes (8 large)
- 3 hard-cooked eggs grated
- 1 cup mayonnaise low-fat
- 0.8 teaspoon pepper
- 1.5 teaspoons salt
- 1 tablespoon spicy brown mustard

Equipment

Directions

- Cook potatoes in boiling water to cover 40 minutes or until tender; drain and cool. Peel potatoes, and cut into 1-inch cubes.
- Stir together potato and egg.
- Stir together mayonnaise and next 3 ingredients; gently stir into potato mixture.
- Serve immediately, or cover and chill, if desired.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:25.81, Inflammation Score:-3, Nutrition Score:9.7947825245235%

Nutrients (% of daily need)

Calories: 221.19kcal (11.06%), Fat: 6.76g (10.41%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 35.2g (11.73%), Net Carbohydrates: 32.74g (11.9%), Sugar: 2.11g (2.35%), Cholesterol: 59.53mg (19.84%), Sodium: 578.27mg (25.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Vitamin B6: 0.65mg (32.3%), Potassium: 786.75mg (22.48%), Manganese: 0.32mg (15.83%), Vitamin K: 15.61µg (14.86%), Phosphorus: 130.81mg (13.08%), Vitamin C: 10.35mg (12.54%), Magnesium: 44.66mg (11.17%), Vitamin B1: 0.16mg (10.9%), Iron: 1.81mg (10.06%), Fiber: 2.46g (9.84%), Copper: 0.2mg (9.82%), Vitamin B3: 1.9mg (9.5%), Selenium: 6.45µg (9.21%), Folate: 33.03µg (8.26%), Vitamin B2: 0.14mg (8.12%), Vitamin B5: 0.78mg (7.75%), Zinc: 0.71mg (4.74%), Vitamin E: 0.67mg (4.47%), Calcium: 34.26mg (3.43%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.33µg (2.2%), Vitamin A: 97.38IU (1.95%)