



Fipps Family Potato Salad with Onion and Celery



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



326 kcal

SIDE DISH

Ingredients

- ☐ 4 pounds baking potatoes (8 large)
- ☐ 2 rib celery diced
- ☐ 3 hard-cooked eggs grated
- ☐ 1 cup mayonnaise
- ☐ 0.8 teaspoon pepper
- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon spicy brown mustard

☐

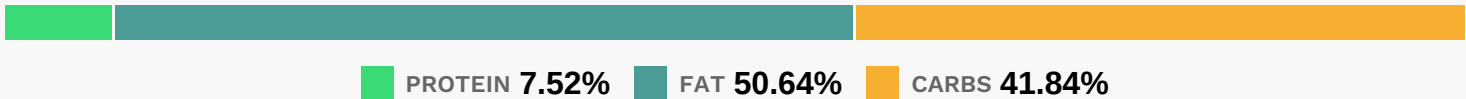
0.5 small onion diced sweet

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, celery, onion, and egg.
- ☐
- Stir together mayonnaise, and next 3 ingredients; gently stir into potato mixture.
- ☐
- Serve immediately, or cover and chill.

Nutrition Facts



Properties

Glycemic Index:23.08, Glycemic Load:25.87, Inflammation Score:-4, Nutrition Score:11.297391248786%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 325.52kcal (16.28%), Fat: 18.56g (28.56%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 31.9g (11.6%), Sugar: 2.28g (2.53%), Cholesterol: 65.36mg (21.79%), Sodium: 536.75mg (23.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Vitamin K: 40.2µg (38.28%), Vitamin B6: 0.67mg (33.45%), Potassium: 804.5mg (22.99%), Manganese: 0.33mg (16.47%), Phosphorus: 136.67mg (13.67%), Vitamin C: 11.15mg (13.51%), Magnesium: 45.95mg (11.49%), Vitamin B1: 0.17mg (11.38%), Fiber: 2.61g (10.45%), Iron: 1.87mg (10.39%), Copper: 0.21mg (10.29%), Vitamin B3: 1.92mg (9.6%), Folate: 37.13µg (9.28%), Selenium: 6.46µg (9.23%), Vitamin B2: 0.15mg (8.57%), Vitamin B5: 0.82mg (8.18%), Vitamin E: 0.92mg (6.12%), Zinc: 0.75mg (5.01%), Calcium: 38.09mg (3.81%), Vitamin B12: 0.19µg (3.22%), Vitamin D: 0.37µg (2.5%), Vitamin A: 97.32IU (1.95%)