



Fipps Family Red Potato Salad

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



304 kcal

SIDE DISH

Ingredients

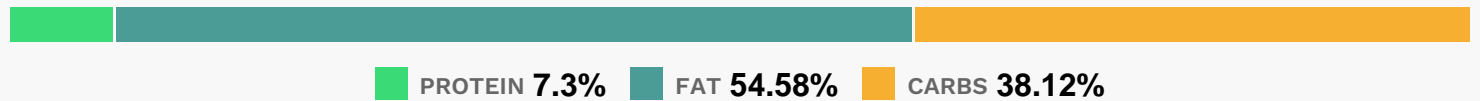
- 3 hard-cooked eggs grated
- 1 cup mayonnaise
- 0.8 teaspoon pepper
- 4 pounds potatoes red (8 large potatoes)
- 1.5 teaspoons salt
- 1 tablespoon spicy brown mustard

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:11.4, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:10.968260982762%

Flavonoids

Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 303.87kcal (15.19%), Fat: 18.66g (28.7%), Saturated Fat: 3.18g (19.88%), Carbohydrates: 29.32g (9.77%), Net Carbohydrates: 26.13g (9.5%), Sugar: 2.66g (2.95%), Cholesterol: 65.36mg (21.79%), Sodium: 558.85mg (24.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Vitamin K: 42.09µg (40.08%), Potassium: 853.23mg (24.38%), Vitamin C: 15.61mg (18.92%), Vitamin B6: 0.33mg (16.49%), Manganese: 0.29mg (14.38%), Phosphorus: 143.04mg (14.3%), Fiber: 3.19g (12.75%), Copper: 0.25mg (12.64%), Vitamin B1: 0.16mg (10.81%), Magnesium: 42.63mg (10.66%), Vitamin B3: 2.1mg (10.52%), Folate: 40.51µg (10.13%), Selenium: 6.56µg (9.37%), Iron: 1.59mg (8.84%), Vitamin B2: 0.14mg (8.16%), Vitamin B5: 0.76mg (7.61%), Vitamin E: 0.91mg (6.09%), Zinc: 0.8mg (5.35%), Vitamin B12: 0.19µg (3.22%), Calcium: 29.26mg (2.93%), Vitamin D: 0.37µg (2.5%), Vitamin A: 107.15IU (2.14%)