

Fourth of July Potato Salad



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



323 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 1.5 teaspoons mustard dry
- ☐ 0.8 teaspoon ground pepper black
- ☐ 3 hard-cooked eggs peeled chopped
- ☐ 0.3 cup heavy cream
- ☐ 0.5 cup mayonnaise
- ☐ 0.8 cup onion chopped
- ☐ 3 pounds potatoes diced peeled

- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 teaspoons sugar white

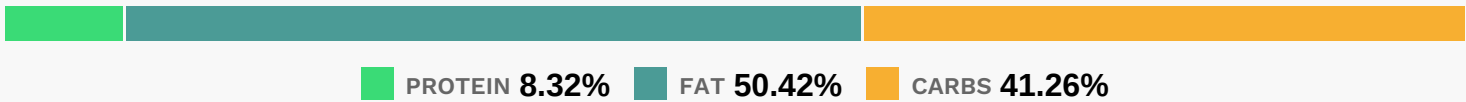
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil, add the potatoes and let cook until tender. While the potatoes cook, in a large bowl, whisk together the vinegar, sugar, mustard, salt and pepper.
- ☐ Drain the potatoes, stir them into the vinegar mixture and let them marinate for 30 minutes to absorb the flavors.
- ☐ In a small bowl, whisk the mayonnaise, sour cream and heavy cream. Fold this creamy mixture into the potato mixture along with the onions and hard-cooked eggs. Cover and chill before serving if you wish. (This salad keeps for up to 3 days in the refrigerator.)

Nutrition Facts



Properties

Glycemic Index:37.86, Glycemic Load:22.86, Inflammation Score:-5, Nutrition Score:12.731739085654%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 323.3kcal (16.17%), Fat: 18.25g (28.07%), Saturated Fat: 5.47g (34.21%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 29.51g (10.73%), Sugar: 4.02g (4.47%), Cholesterol: 92.7mg (30.9%), Sodium: 566.04mg (24.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.55%), Vitamin C: 34.82mg (42.21%), Vitamin B6:

0.55mg (27.71%), Vitamin K: 26.95µg (25.67%), Potassium: 802.11mg (22.92%), Manganese: 0.35mg (17.31%), Fiber: 4.09g (16.36%), Phosphorus: 155.93mg (15.59%), Selenium: 8.24µg (11.78%), Magnesium: 46.81mg (11.7%), Vitamin B2: 0.2mg (11.59%), Vitamin B1: 0.16mg (10.96%), Copper: 0.2mg (10.21%), Folate: 40.81µg (10.2%), Iron: 1.71mg (9.47%), Vitamin B3: 1.86mg (9.3%), Vitamin B5: 0.88mg (8.81%), Vitamin A: 310.33IU (6.21%), Calcium: 56.59mg (5.66%), Zinc: 0.83mg (5.55%), Vitamin E: 0.82mg (5.44%), Vitamin B12: 0.27µg (4.45%), Vitamin D: 0.56µg (3.73%)