



Gluten-Free Old Fashioned Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



285 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

Ingredients

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

4 hardboiled eggs chopped

Equipment

bowl

sauce pan

Directions

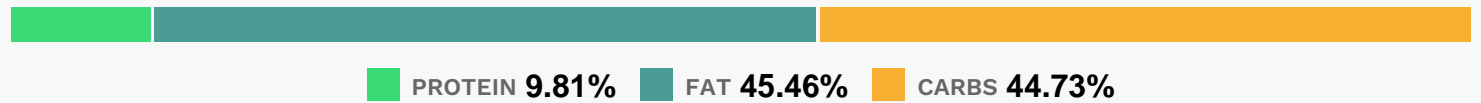
Heat 1 inch water (salted if desired) to boiling in 3-quart saucepan.

Add potatoes. Cover and heat to boiling; reduce heat. Cook 30 to 35 minutes or until tender; drain. Cool slightly; cut into cubes.

Mix mayonnaise, vinegar, mustard, salt and pepper in large glass or plastic bowl.

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

Nutrition Facts



Properties

Glycemic Index:30.84, Glycemic Load:14.78, Inflammation Score:-4, Nutrition Score:10.460000079611%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 239.28kcal (11.96%), Fat: 12.15g (18.69%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 26.89g (8.96%), Net Carbohydrates: 23.92g (8.7%), Sugar: 6.55g (7.28%), Cholesterol: 93.25mg (31.08%), Sodium: 797.26mg (34.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.8%), Vitamin K: 30.77µg (29.31%), Vitamin C: 23.65mg (28.67%), Vitamin B6: 0.42mg (20.79%), Potassium: 598.42mg (17.1%), Selenium: 9.67µg (13.81%), Phosphorus: 122.45mg (12.25%), Manganese: 0.24mg (12.04%), Fiber: 2.96g (11.85%), Vitamin B2: 0.18mg (10.34%), Folate: 35.73µg (8.93%), Magnesium: 34.28mg (8.57%), Vitamin E: 1.28mg (8.51%), Vitamin B1: 0.13mg (8.46%), Iron: 1.38mg (7.69%), Vitamin B5: 0.74mg (7.35%), Copper: 0.14mg (7.25%), Vitamin B3: 1.33mg (6.66%), Vitamin B12: 0.28µg (4.63%), Zinc: 0.67mg (4.47%), Vitamin A: 206.69IU (4.13%), Calcium: 40.96mg (4.1%), Vitamin D: 0.55µg

(3.67%)