



WHATSheATE



Grandma Jean's Potato Salad



Vegetarian

READY IN



185 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

Ingredients

- ☐ 2 ribs celery chopped
- ☐ 3 hardboiled eggs sliced chopped
- ☐ 0.5 large onion chopped
- ☐ 6 servings paprika for garnish
- ☐ 5 large potatoes red cubed peeled
- ☐ 0.5 cup salad dressing recommended: Miracle Whip
- ☐ 6 servings salt
- ☐ 1 tablespoon sugar

- ☐ 2 tablespoons relish sweet drained
- ☐ 3 tablespoons mustard yellow

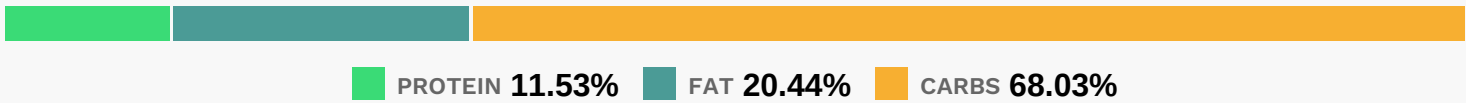
Equipment

- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Boil cubed potatoes until they are tender.
- ☐ Drain and cool. In a large bowl add celery, onion, 2 eggs and pickled relish.
- ☐ Add the salad dressing, yellow mustard and sugar. Stir well.
- ☐ Place the sliced egg on top of potatoes and sprinkle with paprika and salt.
- ☐ Let the potato salad chill in the refrigerator for 2 1/2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:29.35, Glycemic Load:1.79, Inflammation Score:-8, Nutrition Score:19.26826085215%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 332.28kcal (16.61%), Fat: 7.79g (11.99%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 58.33g (19.44%), Net Carbohydrates: 51.6g (18.76%), Sugar: 10.83g (12.04%), Cholesterol: 93.25mg (31.08%), Sodium: 610.2mg (26.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.77%), Potassium: 1558.17mg (44.52%), Vitamin C: 27.96mg (33.89%), Vitamin B6: 0.64mg (31.96%), Vitamin K: 29.82µg (28.4%), Manganese: 0.54mg (27.02%), Fiber: 6.73g (26.92%), Phosphorus: 255.42mg (25.54%), Vitamin A: 1270IU (25.4%), Copper: 0.45mg (22.65%), Magnesium: 81.26mg (20.32%), Vitamin B1: 0.3mg (19.92%), Vitamin B3: 3.89mg (19.43%), Folate: 75.08µg (18.77%), Iron: 3.23mg (17.97%), Selenium: 12.43µg (17.76%), Vitamin B2: 0.27mg (15.65%), Vitamin B5: 1.33mg

(13.29%), Zinc: 1.47mg (9.81%), Vitamin E: 1.39mg (9.29%), Calcium: 63.6mg (6.36%), Vitamin B12: 0.28µg (4.63%),
Vitamin D: 0.55µg (3.67%)