



Great American Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



30

CALORIES



53 kcal

SIDE DISH

Ingredients

- 2 stalks celery sliced
- 0.5 tsp celery seed
- 0.3 cup dill pickle relish
- 2 hard-cooked eggs chopped
- 0.5 cup real mayo mayonnaise kraft
- 1 Tbsp heinz mustard yellow
- 1 onion chopped
- 0.1 tsp pepper

1.5 lb potatoes white cooled cubed cooked (5)

Equipment

bowl

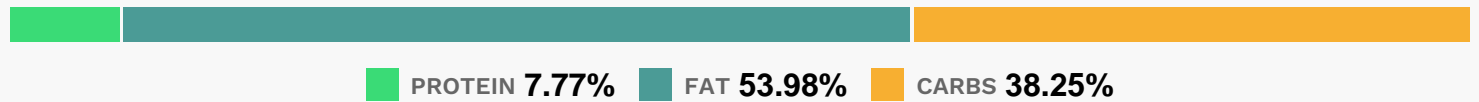
Directions

Mix first 4 ingredients in large bowl until blended.

Add remaining ingredients; mix lightly.

Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:8.56, Glycemic Load:3, Inflammation Score:-1, Nutrition Score:2.0478260724441%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 52.78kcal (2.64%), Fat: 3.21g (4.94%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.45g (1.62%), Sugar: 0.43g (0.48%), Cholesterol: 14mg (4.67%), Sodium: 66.61mg (2.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin K: 7.34µg (6.99%), Vitamin C: 4.86mg (5.89%), Vitamin B6: 0.08mg (3.93%), Potassium: 116.16mg (3.32%), Fiber: 0.67g (2.69%), Manganese: 0.05mg (2.47%), Phosphorus: 22.97mg (2.3%), Selenium: 1.38µg (1.98%), Magnesium: 7.16mg (1.79%), Folate: 7.01µg (1.75%), Vitamin B2: 0.03mg (1.71%), Vitamin B1: 0.03mg (1.67%), Iron: 0.3mg (1.64%), Copper: 0.03mg (1.56%), Vitamin B3: 0.27mg (1.36%), Vitamin B5: 0.13mg (1.33%), Vitamin E: 0.17mg (1.13%)