



## Healthified Classic Potato Salad



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup celery stalks thinly sliced
- ☐ 1 teaspoon apple cider vinegar
- ☐ 2 hardboiled eggs chopped
- ☐ 0.8 cup mayonnaise reduced-fat
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 2 lb potatoes - remove skin red unpeeled
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup cream fat-free sour
- ☐ 1 tablespoon mustard yellow

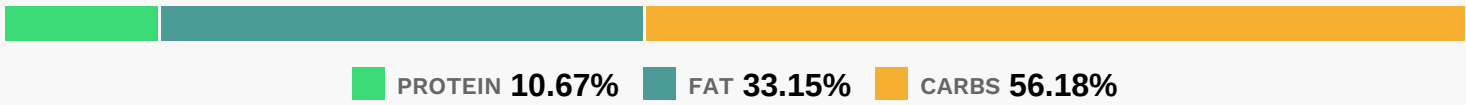
## Equipment

- ☐ bowl
- ☐ sauce pan

## Directions

- ☐ Place potatoes in 4-quart saucepan; add enough water just to cover potatoes.
- ☐ Heat to boiling. Reduce heat to low; cover and simmer 20 to 30 minutes or until tender.
- ☐ Drain; let stand until cool enough to handle.
- ☐ Cut potatoes into cubes.
- ☐ In large bowl, place potatoes, eggs, celery and onion; toss gently to mix. In small bowl, mix dressing ingredients until well blended.
- ☐ Add dressing to potato mixture; toss gently to coat. Cover; refrigerate at least 1 hour or until serving time.

## Nutrition Facts



## Properties

Glycemic Index:20.38, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:7.8965216564096%

## 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: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

## Nutrients (% of daily need)

Calories: 166.57kcal (8.33%), Fat: 6.24g (9.61%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 21.41g (7.79%), Sugar: 3.03g (3.37%), Cholesterol: 51.28mg (17.09%), Sodium: 406.36mg (17.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin K: 18.47µg (17.59%), Potassium: 608.32mg (17.38%), Vitamin C: 10.89mg (13.2%), Vitamin B6: 0.23mg (11.7%), Phosphorus: 115.58mg (11.56%),

Manganese: 0.21mg (10.41%), Fiber: 2.4g (9.58%), Selenium: 6.47µg (9.24%), Folate: 34.92µg (8.73%), Copper: 0.17mg (8.53%), Vitamin B1: 0.12mg (7.89%), Magnesium: 31.49mg (7.87%), Vitamin B2: 0.13mg (7.77%), Vitamin B3: 1.39mg (6.93%), Iron: 1.09mg (6.06%), Vitamin B5: 0.55mg (5.53%), Calcium: 45.76mg (4.58%), Vitamin E: 0.64mg (4.29%), Zinc: 0.64mg (4.26%), Vitamin A: 182.85IU (3.66%), Vitamin B12: 0.18µg (3.03%), Vitamin D: 0.28µg (1.83%)