



Light Potato Salad



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



221 kcal

SIDE DISH

Ingredients

- ☐ 4 pound baking potatoes
- ☐ 3 hard-cooked eggs grated
- ☐ 1 cup mayonnaise low-fat
- ☐ 0.8 teaspoon pepper
- ☐ 2.5 teaspoons salt divided
- ☐ 1 tablespoon spicy brown mustard

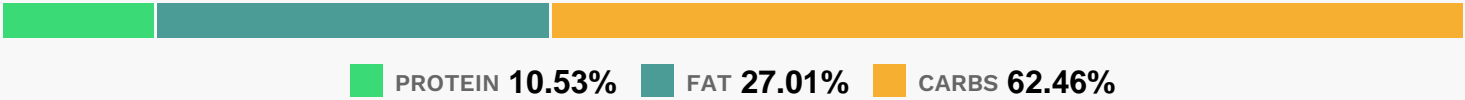
Equipment

- ☐ bowl

Directions

- ☐ Cook potatoes in boiling water to cover and salted with 1 teaspoon salt 40 minutes or until tender; drain and cool 10 to 15 minutes.
- ☐ Stir together mayonnaise, mustard, pepper, and remaining 1 1/2 teaspoons salt in a large bowl.
- ☐ Peel potatoes, and cut into 1-inch cubes.
- ☐ Add warm potato cubes and grated eggs to bowl, and gently toss with mayonnaise mixture.
- ☐ Serve immediately, or, if desired, cover and chill.
- ☐ Note: To reduce cooking time, use 4 extra-large baking potatoes (about 1 pound each), peeled and cut into 1-inch cubes. Proceed as directed, reducing cooking time to 20 minutes or until tender.
- ☐ Drain and cool 10 minutes. Increase mayonnaise to 1 1/2 cups, and proceed as directed.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:25.81, Inflammation Score:-3, Nutrition Score:9.7982607717099%

Nutrients (% of daily need)

Calories: 221.19kcal (11.06%), Fat: 6.76g (10.41%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 35.2g (11.73%), Net Carbohydrates: 32.74g (11.9%), Sugar: 2.11g (2.35%), Cholesterol: 59.53mg (19.84%), Sodium: 810.82mg (35.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Vitamin B6: 0.65mg (32.3%), Potassium: 786.8mg (22.48%), Manganese: 0.32mg (15.86%), Vitamin K: 15.61µg (14.86%), Phosphorus: 130.81mg (13.08%), Vitamin C: 10.35mg (12.54%), Magnesium: 44.67mg (11.17%), Vitamin B1: 0.16mg (10.9%), Iron: 1.81mg (10.08%), Fiber: 2.46g (9.84%), Copper: 0.2mg (9.83%), Vitamin B3: 1.9mg (9.5%), Selenium: 6.45µg (9.21%), Folate: 33.03µg (8.26%), Vitamin B2: 0.14mg (8.12%), Vitamin B5: 0.78mg (7.75%), Zinc: 0.71mg (4.75%), Vitamin E: 0.67mg (4.47%), Calcium: 34.4mg (3.44%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.33µg (2.2%), Vitamin A: 97.38IU (1.95%)