



Mama's Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



280 kcal

SIDE DISH

Ingredients

- 20 servings pepper black freshly ground to taste
- 3 dill pickles chopped
- 8 hard-cooked eggs chopped
- 2 tablespoons horseradish prepared
- 2 cups mayonnaise
- 1 cup onion chopped
- 5 pounds potatoes cubed peeled
- 20 servings sea salt to taste

0.5 cup mustard yellow

Equipment

bowl

pot

Directions

Place the potatoes in a large pot with enough water to cover. Bring to a boil, and cook for about 10 minutes, or until tender.

Drain, and place in a serving bowl.

Stir the onion, salt and pepper into the potatoes while they are still hot. This allows the potatoes to absorb the flavor. Allow to cool for about 20 minutes.

Add the mayonnaise, mustard and horseradish to the salad, and mix well. Gently stir in the eggs and dill pickles. Finish off with a generous grinding of black pepper on top. Chill for about 30 minutes before serving.

Nutrition Facts



PROTEIN 7.74% **FAT 61.5%** **CARBS 30.76%**

Properties

Glycemic Index:12.99, Glycemic Load:14.81, Inflammation Score:-4, Nutrition Score:10.306956633278%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 279.77kcal (13.99%), Fat: 19.25g (29.62%), Saturated Fat: 3.33g (20.83%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 18.6g (6.76%), Sugar: 1.91g (2.12%), Cholesterol: 84.01mg (28%), Sodium: 521.53mg (22.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Vitamin K: 40.67µg (38.74%), Vitamin C: 23.53mg (28.53%), Vitamin B6: 0.38mg (18.96%), Potassium: 544.08mg (15.55%), Selenium: 9.22µg (13.17%), Fiber: 3.07g (12.28%), Manganese: 0.24mg (11.81%), Phosphorus: 114.97mg (11.5%), Vitamin B2: 0.16mg (9.15%), Vitamin B1: 0.13mg (8.43%), Magnesium: 33.36mg (8.34%), Folate: 31.67µg (7.92%), Iron: 1.33mg (7.36%), Copper: 0.14mg (7.1%), Vitamin B5: 0.69mg (6.9%), Vitamin E: 0.99mg (6.59%), Vitamin B3: 1.27mg (6.35%), Zinc: 0.65mg (4.34%), Vitamin

B12: 0.25µg (4.15%), Calcium: 37.83mg (3.78%), Vitamin D: 0.48µg (3.23%), Vitamin A: 143.83IU (2.88%)