



Mama's Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



279 kcal

SIDE DISH

Ingredients

- ☐ 20 servings pepper black freshly ground to taste
- ☐ 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

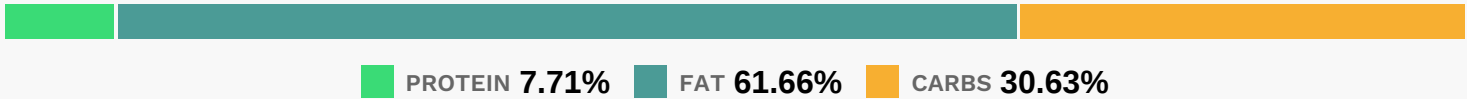
Equipment

- ☐ 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



Properties

Glycemic Index:12.99, Glycemic Load:14.81, Inflammation Score:-3, Nutrition Score:10.069130493247%

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: 278.6kcal (13.93%), Fat: 19.21g (29.56%), Saturated Fat: 3.33g (20.78%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 18.5g (6.73%), Sugar: 1.78g (1.98%), Cholesterol: 84.01mg (28%), Sodium: 442.75mg (19.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.8%), Vitamin K: 39.04µg (37.18%), Vitamin C: 23.33mg (28.28%), Vitamin B6: 0.38mg (18.79%), Potassium: 533.16mg (15.23%), Selenium: 9.22µg (13.17%), Fiber: 2.97g (11.89%), Manganese: 0.23mg (11.58%), Phosphorus: 113.41mg (11.34%), Vitamin B2: 0.15mg (8.82%), Magnesium: 32.67mg (8.17%), Vitamin B1: 0.12mg (8.12%), Folate: 30.89µg (7.72%), Iron: 1.3mg (7.24%), Copper: 0.14mg (6.97%), Vitamin B5: 0.69mg (6.85%), Vitamin E: 0.98mg (6.51%), Vitamin B3: 1.26mg (6.3%), Zinc: 0.64mg (4.27%), Vitamin B12: 0.25µg (4.15%), Calcium: 32.56mg (3.26%), Vitamin D: 0.48µg (3.23%), Vitamin A: 125.98IU (2.52%)