



## Mama's Wet Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



202 kcal

SIDE DISH

### Ingredients

- 0.3 cup celery minced
- 0.3 cup green onions finely chopped
- 8 hard-cooked eggs coarsely chopped
- 10 servings mayonnaise homemade
- 2 tablespoons parsley italian chopped
- 0.3 teaspoon pepper freshly ground
- 3.5 pounds potatoes red cut into 1/2-inch cubes
- 1.5 teaspoons salt

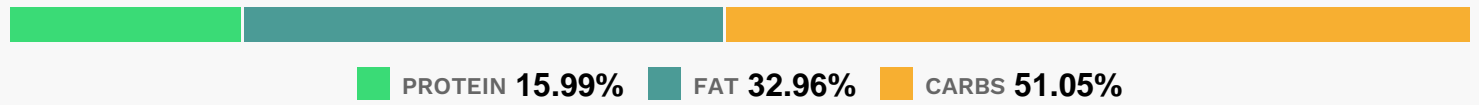
# Equipment

bowl

# Directions

- Boil potatoes in salted water to cover 10 minutes or until tender; drain and cool.
- Combine potatoes and remaining ingredients in a large bowl; toss gently.
- Note: You may substitute prepared mayonnaise.

# Nutrition Facts



# Properties

Glycemic Index:17.8, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:11.697391250859%

# Flavonoids

Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

# Nutrients (% of daily need)

Calories: 201.9kcal (10.09%), Fat: 7.48g (11.5%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 23.21g (8.44%), Sugar: 2.62g (2.91%), Cholesterol: 150.88mg (50.29%), Sodium: 455.28mg (19.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.33%), Vitamin K: 30.36µg (28.91%), Potassium: 792.18mg (22.63%), Selenium: 13.23µg (18.91%), Vitamin C: 15.27mg (18.5%), Phosphorus: 168.56mg (16.86%), Vitamin B6: 0.32mg (16.14%), Vitamin B2: 0.26mg (15.26%), Folate: 50.11µg (12.53%), Manganese: 0.25mg (12.48%), Fiber: 2.84g (11.37%), Copper: 0.22mg (11.19%), Vitamin B1: 0.16mg (10.54%), Vitamin B5: 1.02mg (10.21%), Magnesium: 40.24mg (10.06%), Iron: 1.74mg (9.68%), Vitamin B3: 1.88mg (9.41%), Vitamin B12: 0.45µg (7.48%), Vitamin A: 325.64IU (6.51%), Zinc: 0.97mg (6.49%), Vitamin D: 0.89µg (5.92%), Calcium: 40.55mg (4.05%), Vitamin E: 0.59mg (3.91%)