



## Mock Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



495 min.

SERVINGS



12

CALORIES



147 kcal

SIDE DISH

## Ingredients

- 1.5 cups celery thinly sliced
- 4 cups brown rice cooked
- 1 cucumber thinly sliced
- 3 hardboiled eggs chopped
- 1 cup mayonnaise reduced-fat
- 8 radishes thinly sliced
- 0.8 teaspoon salt
- 0.3 cup spicy mustard

0.5 cup onion sweet chopped

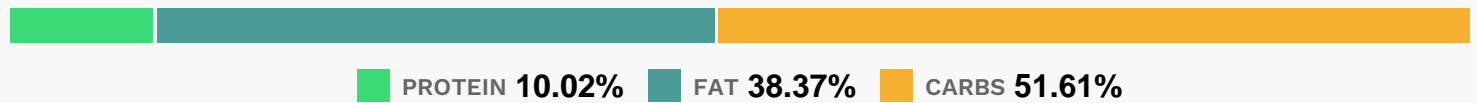
## Equipment

bowl

## Directions

Mix rice, celery, radishes, cucumber, and onion together in a bowl; fold in eggs. Stir mayonnaise, mustard, and salt into rice mixture; toss to coat. Refrigerate until flavors blend, 8 hours to overnight.

## Nutrition Facts



## Properties

Glycemic Index:13.6, Glycemic Load:7.51, Inflammation Score:-3, Nutrition Score:6.8356521388759%

## Flavonoids

Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 147.09kcal (7.35%), Fat: 6.25g (9.62%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 17.06g (6.2%), Sugar: 1.78g (1.97%), Cholesterol: 49.61mg (16.54%), Sodium: 385.1mg (16.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.35%), Manganese: 0.78mg (38.89%), Vitamin K: 15.69µg (14.95%), Magnesium: 37.97mg (9.49%), Phosphorus: 90.57mg (9.06%), Selenium: 6.22µg (8.89%), Fiber: 1.87g (7.49%), Vitamin B6: 0.15mg (7.43%), Vitamin B1: 0.1mg (6.62%), Vitamin B5: 0.56mg (5.58%), Vitamin B2: 0.09mg (5.36%), Folate: 19.45µg (4.86%), Vitamin B3: 0.97mg (4.84%), Potassium: 161.67mg (4.62%), Copper: 0.09mg (4.45%), Zinc: 0.66mg (4.37%), Vitamin E: 0.6mg (3.99%), Iron: 0.71mg (3.94%), Vitamin A: 156.69IU (3.13%), Calcium: 27.78mg (2.78%), Vitamin C: 1.93mg (2.34%), Vitamin B12: 0.14µg (2.31%), Vitamin D: 0.28µg (1.83%)