



Mom's Potato Salad



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



401 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bread-and-butter pickle spears chopped
- ☐ 0.5 cup celery chopped
- ☐ 3 tablespoons chives chopped
- ☐ 5 tablespoons cider vinegar
- ☐ 3 tablespoons dijon mustard
- ☐ 3 large eggs chopped
- ☐ 1 cup mayonnaise
- ☐ 1 medium onion red chopped

- ☐ 8 servings salt and pepper
- ☐ 3 pounds yukon gold potatoes cut into 1/2-inch dice

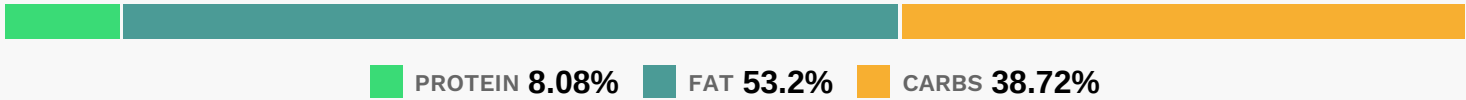
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Place potatoes in a large pot; add cold water to cover potatoes by 1 inch. Bring to a boil and cook until potatoes are just fork-tender, 5 to 7 minutes; drain. Gently toss in a large bowl with 3 Tbsp. cider vinegar.
- ☐ Let cool slightly.
- ☐ Add onion, celery, pickles and eggs to bowl with potatoes and gently mix. In a small bowl, whisk mayonnaise, mustard, chives and remaining 2 Tbsp. cider vinegar. Season with salt and pepper.
- ☐ Pour mixture over potatoes and toss gently. Cover and chill for at least 5 hours.

Nutrition Facts



Properties

Glycemic Index:46.05, Glycemic Load:25.98, Inflammation Score:-5, Nutrition Score:15.783478228942%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 400.82kcal (20.04%), Fat: 23.77g (36.57%), Saturated Fat: 4.03g (25.22%), Carbohydrates: 38.94g (12.98%), Net Carbohydrates: 34g (12.36%), Sugar: 3.21g (3.57%), Cholesterol: 81.51mg (27.17%), Sodium: 546.34mg (23.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.24%), Vitamin K: 54.04µg (51.46%), Vitamin

C: 35.43mg (42.94%), Vitamin B6: 0.58mg (28.95%), Manganese: 0.52mg (25.97%), Potassium: 823.57mg (23.53%), Fiber: 4.94g (19.75%), Selenium: 13.2µg (18.85%), Phosphorus: 172.02mg (17.2%), Vitamin B1: 0.23mg (15.09%), Folate: 56.46µg (14.11%), Vitamin B3: 2.71mg (13.54%), Iron: 2.42mg (13.42%), Magnesium: 53.43mg (13.36%), Copper: 0.24mg (11.94%), Vitamin B2: 0.19mg (11.47%), Vitamin B5: 1.01mg (10.13%), Vitamin E: 1.2mg (8.01%), Zinc: 1.01mg (6.73%), Calcium: 62.68mg (6.27%), Vitamin A: 204.73IU (4.09%), Vitamin B12: 0.2µg (3.34%), Vitamin D: 0.43µg (2.87%)