



 **30%**
HEALTH SCORE

My Best Potato Salad yet

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



5

CALORIES



723 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 1 cup broccoli chopped
- 1 cup carrots peeled chopped
- 1 cup cauliflower chopped
- 0.7 cup celery chopped
- 1 cup cheddar cheese grated cubed
- 2 tablespoons dill pickles chopped finely
- 3 eggs chopped

- 0.3 teaspoon garlic powder
- 0.7 cup spring onion chopped
- 1 cup milk
- 1.5 cups miracle whip
- 2 teaspoons mustard
- 0.5 teaspoon paprika
- 2 teaspoons parsley
- 2 tablespoons relish green
- 8 cups potatoes peeled cut into 1/2 inch cubes
- 0.8 cup ranch dressing
- 0.5 cup bell pepper red chopped
- 1 teaspoon salt
- 0.5 teaspoon lawry's seasoned salt
- 0.5 cup cream sour

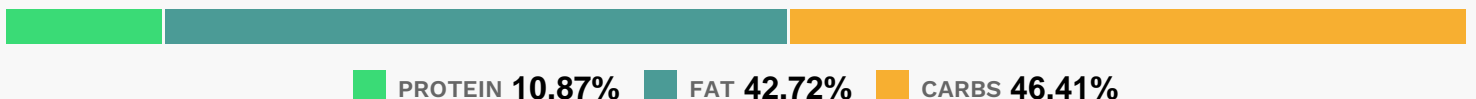
Equipment

- bowl
- blender

Directions

- Bring potatoes to a boil, and boil until fork tender, about 10-15 minutes.
- Drain and let cool in large bowl.
- Add eggs, and vegetables. Put all liquids and spices into a blender and blend until thoroughly mixed.
- Add approximately 3/4 of liquid to potatoes. Stir well. If needed, add rest of liquid, until potatoes are well coated and very creamy. Refrigerate 2 hours. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:87.92, Glycemic Load:45.71, Inflammation Score:-10, Nutrition Score:38.608260984006%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 4.42mg, Kaempferol: 4.42mg, Kaempferol: 4.42mg, Kaempferol: 4.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 723.14kcal (36.16%), Fat: 35.04g (53.9%), Saturated Fat: 11.54g (72.13%), Carbohydrates: 85.65g (28.55%), Net Carbohydrates: 73.97g (26.9%), Sugar: 18.64g (20.71%), Cholesterol: 156.48mg (52.16%), Sodium: 2034.62mg (88.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.06g (40.12%), Vitamin C: 115.49mg (139.99%), Vitamin A: 5833.49IU (116.67%), Vitamin K: 114.5µg (109.05%), Vitamin B6: 1.28mg (63.9%), Potassium: 1955.99mg (55.89%), Phosphorus: 533.51mg (53.35%), Fiber: 11.67g (46.7%), Manganese: 0.75mg (37.38%), Calcium: 357.06mg (35.71%), Vitamin B2: 0.55mg (32.63%), Folate: 122.27µg (30.57%), Magnesium: 115.72mg (28.93%), Selenium: 20.03µg (28.61%), Vitamin B1: 0.39mg (26.09%), Vitamin B5: 2.45mg (24.52%), Copper: 0.46mg (23.04%), Iron: 4.12mg (22.88%), Vitamin B3: 4.46mg (22.32%), Zinc: 2.83mg (18.85%), Vitamin E: 2.14mg (14.25%), Vitamin B12: 0.85µg (14.13%), Vitamin D: 1.24µg (8.24%)