



My Grandma's Anise Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



478 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon anise seed
- 6 medium baking potatoes cubed peeled
- 1 cup celery chopped
- 1 bunch green onions chopped
- 1 dash ground paprika
- 4 hard-cooked eggs sliced for garnish
- 1 cup mayonnaise to taste
- 6 servings salt and pepper to taste

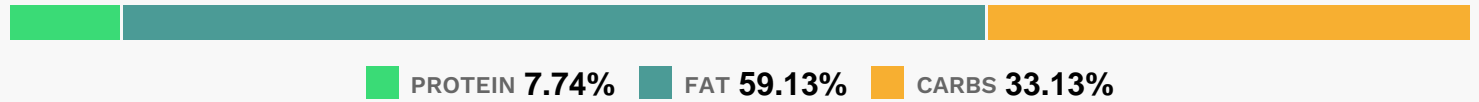
Equipment

- bowl
- sauce pan

Directions

- Place potatoes in a saucepan with enough water to cover. Bring to a boil over medium heat, and cook until tender, about 8 to 10 minutes.
- Remove from heat, drain, and run under cold water to cool.
- Drain well.
- In a large bowl, mix together the potatoes, celery, onion, mayonnaise, and anise seed. Season with salt and pepper to taste. Refrigerate until cold.
- Garnish with sliced hard-cooked eggs, and dust with paprika, if desired.

Nutrition Facts



Properties

Glycemic Index:36.46, Glycemic Load:30.52, Inflammation Score:-5, Nutrition Score:16.324347952138%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 478.05kcal (23.9%), Fat: 31.7g (48.77%), Saturated Fat: 5.52g (34.51%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 36.79g (13.38%), Sugar: 2.23g (2.47%), Cholesterol: 140.01mg (46.67%), Sodium: 496.98mg (21.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.66%), Vitamin K: 78.01µg (74.3%), Vitamin B6: 0.79mg (39.73%), Potassium: 995.3mg (28.44%), Phosphorus: 188.63mg (18.86%), Manganese: 0.37mg (18.7%), Selenium: 12.08µg (17.26%), Vitamin C: 13.45mg (16.3%), Vitamin B2: 0.26mg (15.4%), Magnesium: 55.67mg (13.92%), Vitamin B1: 0.21mg (13.78%), Folate: 55µg (13.75%), Iron: 2.47mg (13.7%), Fiber: 3.17g (12.69%), Vitamin B5: 1.22mg (12.18%), Copper: 0.24mg (12.09%), Vitamin B3: 2.31mg (11.54%), Vitamin E: 1.66mg (11.08%), Zinc: 1.07mg (7.14%), Vitamin B12: 0.41µg (6.91%), Vitamin A: 323.92IU (6.48%), Calcium: 58.19mg (5.82%), Vitamin D: 0.81µg (5.39%)