

My Mom's Good Old Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



145 min.

SERVINGS



8

CALORIES



763 kcal

SIDE DISH

Ingredients

- 10 eggs
- 2 cups mayonnaise
- 1 large onion chopped
- 5 pounds potatoes peeled chopped
- 24 ounce pickle sweet drained chopped

Equipment

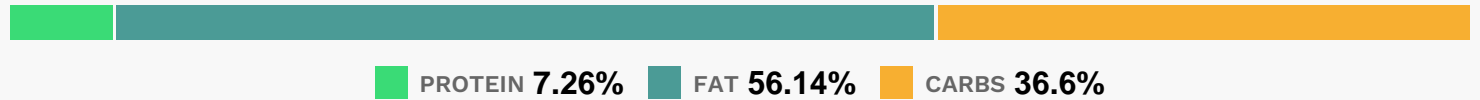
- bowl
- frying pan

sauce pan

Directions

- Place the potatoes in a large pan of water and boil over medium–low heat until tender, about 12 minutes.
- Drain the potatoes, and place in the refrigerator to cool.
- Place the eggs in a saucepan of cold water over medium heat, and bring to a full boil. Turn off the heat, cover the pan, and allow the eggs to sit in the hot water for about 15 minutes. Cool the eggs thoroughly under cold running water and shell them. Chop the cooled eggs and place them in a large salad bowl.
- Stir the onion, sweet pickles, and mayonnaise into the eggs, and let the mixture chill in the refrigerator at least 1/2 hour to blend the flavors.
- Mix in the chilled chopped potatoes, and refrigerate for at least 1/2 hour.
- Serve cold.

Nutrition Facts



Properties

Glycemic Index:20.09, Glycemic Load:36.8, Inflammation Score:-8, Nutrition Score:26.37999990712%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 762.64kcal (38.13%), Fat: 47.74g (73.45%), Saturated Fat: 8.41g (52.58%), Carbohydrates: 70.02g (23.34%), Net Carbohydrates: 62.62g (22.77%), Sugar: 19.09g (21.21%), Cholesterol: 228.12mg (76.04%), Sodium: 840.13mg (36.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.79%), Vitamin K: 136.96µg (130.44%), Vitamin C: 57.83mg (70.1%), Vitamin B6: 0.98mg (48.86%), Potassium: 1393.04mg (39.8%), Phosphorus: 303mg (30.3%), Fiber: 7.41g (29.62%), Selenium: 19.12µg (27.31%), Manganese: 0.53mg (26.63%), Vitamin B2: 0.38mg (22.55%), Magnesium: 80.19mg (20.05%), Vitamin A: 989.22IU (19.78%), Iron: 3.54mg (19.69%), Folate: 78.42µg (19.61%), Copper: 0.39mg (19.38%), Vitamin B1: 0.28mg (18.95%), Vitamin B5: 1.85mg (18.45%), Vitamin E: 2.75mg (18.35%), Vitamin B3: 3.15mg (15.74%), Calcium: 125.49mg (12.55%), Zinc: 1.75mg (11.66%), Vitamin B12:

0.56µg (9.28%), Vitamin D: 1.21µg (8.08%)