



Nana's Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



20

CALORIES



62 kcal

SIDE DISH

Ingredients

- 0.5 cup real mayo mayonnaise kraft
- 4 cups new potatoes cubed cooked
- 0.1 tsp each: salt and pepper black
- 0.5 cup scallions chopped (green onions)

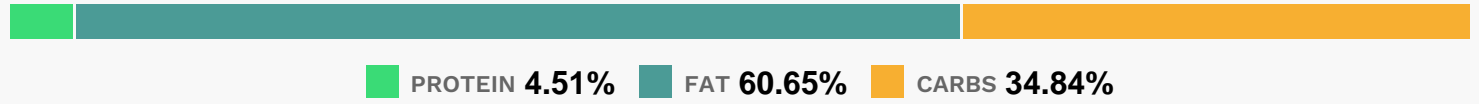
Equipment

- bowl

Directions

- Combine mayo, salt and pepper in large bowl.
- Add potatoes and scallions; toss to coat. Cover.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:8.29, Glycemic Load:3.89, Inflammation Score:-1, Nutrition Score:2.317826077666%

Flavonoids

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 61.98kcal (3.1%), Fat: 4.22g (6.49%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 4.73g (1.72%), Sugar: 0.32g (0.36%), Cholesterol: 2.35mg (0.78%), Sodium: 52.29mg (2.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.41%), Vitamin K: 14.87µg (14.16%), Vitamin C: 6.38mg (7.73%), Vitamin B6: 0.09mg (4.52%), Potassium: 134.32mg (3.84%), Fiber: 0.73g (2.9%), Manganese: 0.05mg (2.52%), Phosphorus: 19.2mg (1.92%), Magnesium: 7.46mg (1.86%), Copper: 0.04mg (1.78%), Vitamin B1: 0.03mg (1.73%), Folate: 6.68µg (1.67%), Vitamin B3: 0.33mg (1.65%), Iron: 0.28mg (1.57%), Vitamin E: 0.2mg (1.34%)