



Old-Fashioned Potato Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



96 kcal

SIDE DISH

Ingredients

- 2 stalks celery chopped
- 3 hard-cooked eggs divided
- 0.5 cup miracle whip dressing
- 3 Tbsp heinz mustard yellow
- 1 small onion chopped
- 1 dash paprika
- 3 Tbsp claussen pickle relish sweet
- 2 lb potatoes red cubed peeled (6)

1 Tbsp sugar

Equipment

bowl

sauce pan

Directions

Cook potatoes in boiling water in large saucepan 10 to 15 min. or just until tender; drain. Cool.

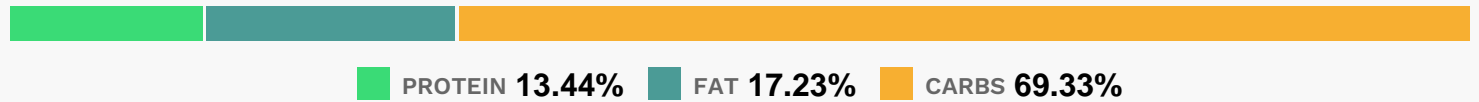
Meanwhile, chop 2 eggs; slice remaining egg.

Combine MIRACLE WHIP, celery, onions, chopped eggs, relish, mustard and sugar in large bowl.

Add potatoes to MIRACLE WHIP mixture; mix lightly. Top with egg slices.

Sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:0.86, Inflammation Score:-2, Nutrition Score:5.2243478039037%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 95.52kcal (4.78%), Fat: 1.88g (2.9%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 15.17g (5.52%), Sugar: 4.69g (5.21%), Cholesterol: 47.58mg (15.86%), Sodium: 190.08mg (8.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.61%), Potassium: 397.55mg (11.36%), Vitamin C: 7.19mg (8.72%), Selenium: 5.57µg (7.95%), Vitamin B6: 0.16mg (7.95%), Phosphorus: 76.04mg (7.6%), Fiber: 1.9g (7.59%), Vitamin K: 7.41µg (7.06%), Manganese: 0.14mg (7.03%), Folate: 22.92µg (5.73%), Vitamin B2: 0.1mg (5.7%), Copper: 0.11mg (5.68%), Vitamin B1: 0.08mg (5.38%), Magnesium: 21.2mg (5.3%), Vitamin B3: 0.94mg (4.68%), Iron: 0.83mg (4.63%), Vitamin B5: 0.42mg (4.21%), Vitamin A: 160.12IU (3.2%), Zinc: 0.43mg (2.86%), Vitamin B12: 0.14µg (2.31%), Calcium: 20.96mg (2.1%), Vitamin D: 0.28µg (1.83%), Vitamin E: 0.19mg (1.29%)