



Old Fashioned Potato Salad



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 4 pound baking potatoes
- ☐ 3 hard-cooked eggs grated
- ☐ 1 cup mayonnaise
- ☐ 0.8 teaspoon pepper
- ☐ 2.5 teaspoons salt divided
- ☐ 1 tablespoon spicy brown mustard

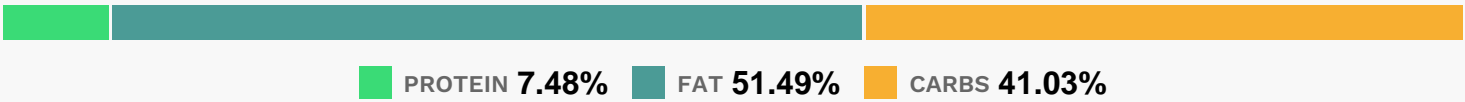
Equipment

- ☐ bowl

Directions

- ☐ Cook potatoes in boiling water to cover and salted with 1 teaspoon salt 40 minutes or until tender; drain and cool 10 to 15 minutes.
- ☐ Stir together mayonnaise, mustard, pepper, and remaining 1 1/2 teaspoons salt in a large bowl.
- ☐ Peel potatoes, and cut into 1-inch cubes.
- ☐ Add warm potato cubes and grated eggs to bowl, and gently toss with mayonnaise mixture.
- ☐ Serve immediately, or, if desired, cover and chill.
- ☐ Note: To reduce cooking time, use 4 extra-large baking potatoes (about 1 pound each), peeled and cut into 1-inch cubes. Proceed as directed, reducing cooking time to 20 minutes or until tender.
- ☐ Drain and cool 10 minutes. Increase mayonnaise to 1 1/2 cups, and proceed as directed.
- ☐ Red Potato Salad: Substitute 4 pounds red potatoes (8 large) for baking potatoes.
- ☐ Add 1/3 cup sweet salad cube pickles to potato mixture.
- ☐ Add 2 celery ribs, diced, and 1/2 small sweet onion, diced, to potato mixture.
- ☐ Light Potato Salad: Substitute 1 cup low-fat mayonnaise.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:25.87, Inflammation Score:-3, Nutrition Score:10.949130384818%

Nutrients (% of daily need)

Calories: 320.2kcal (16.01%), Fat: 18.55g (28.53%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 33.26g (11.09%), Net Carbohydrates: 30.8g (11.2%), Sugar: 1.44g (1.6%), Cholesterol: 65.36mg (21.79%), Sodium: 767.81mg (33.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.13%), Vitamin K: 40.09µg (38.18%), Vitamin B6: 0.65mg (32.37%), Potassium: 784.34mg (22.41%), Manganese: 0.32mg (15.86%), Phosphorus: 132.15mg (13.22%), Vitamin C: 10.35mg (12.54%), Magnesium: 44.45mg (11.11%), Vitamin B1: 0.16mg (10.93%), Iron: 1.83mg (10.16%), Fiber: 2.46g (9.84%), Copper: 0.2mg (9.83%), Vitamin B3: 1.9mg (9.49%), Selenium: 6.38µg (9.11%), Vitamin B2: 0.14mg (8.37%), Folate: 33.25µg (8.31%), Vitamin B5: 0.8mg (8.01%), Vitamin E: 0.91mg (6.09%), Zinc: 0.73mg (4.87%), Calcium: 34.85mg (3.48%), Vitamin B12: 0.19µg (3.22%), Vitamin D: 0.37µg (2.5%), Vitamin A: 96.26IU (1.93%)