



Old-Fashioned Potato Salad with Sweet Pickles



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 1 cup celery diced
- ☐ 2 hardboiled eggs peeled cut into 1/2-inch pieces
- ☐ 0.8 cup mayonnaise
- ☐ 0.8 cup onion red coarsely chopped
- ☐ 0.5 cup pickle sweet quartered
- ☐ 3 tablespoons juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer) sweet
- ☐ 1.5 pounds potatoes peeled cut into 3/4-inch pieces

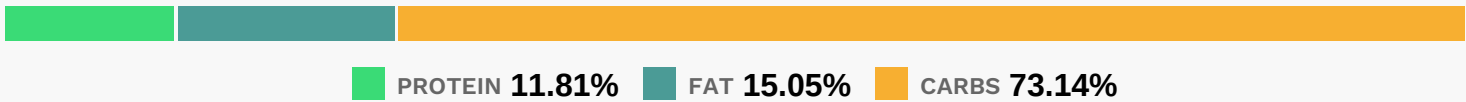
Equipment

☐ bowl

Directions

- ☐ Steam potatoes until tender, about 12 minutes. Cool.
- ☐ Place potatoes in large bowl.
- ☐ Add eggs, celery, onion, mayonnaise, pickles and pickle juice. Toss gently to blend. Season salad to taste with salt and pepper. (Can be made 4 hours ahead. Cover and refrigerate.)
- ☐ Per serving: calories, 160; total fat, 2 g; saturated fat, 0.5 g; cholesterol, 62 mg
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:14.99, Inflammation Score:-4, Nutrition Score:9.2630434399066%

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 Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 161.47kcal (8.07%), Fat: 2.75g (4.23%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 30.07g (10.02%), Net Carbohydrates: 26.29g (9.56%), Sugar: 7.45g (8.28%), Cholesterol: 64.77mg (21.59%), Sodium: 438.44mg (19.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.71%), Vitamin C: 24.43mg (29.61%), Vitamin B6: 0.39mg (19.71%), Vitamin K: 20.35µg (19.38%), Potassium: 598.27mg (17.09%), Fiber: 3.78g (15.12%), Manganese: 0.24mg (11.78%), Phosphorus: 106.88mg (10.69%), Folate: 35.46µg (8.87%), Vitamin B2: 0.14mg (8.51%), Magnesium: 33.07mg (8.27%), Selenium: 5.73µg (8.18%), Vitamin B1: 0.12mg (7.84%), Copper: 0.15mg (7.38%), Iron: 1.23mg (6.81%), Vitamin B3: 1.3mg (6.49%), Vitamin B5: 0.64mg (6.41%), Vitamin A: 262.33IU (5.25%), Calcium: 42.78mg (4.28%), Zinc: 0.59mg (3.93%), Vitamin B12: 0.19µg (3.08%), Vitamin D: 0.37µg (2.44%), Vitamin E: 0.29mg (1.93%)