



Olivie (Russian Potato Salad)



Gluten Free



READY IN

ready

70 min.

SERVINGS

servings

8

CALORIES

calories

201 kcal

SIDE DISH

Ingredients

- ☐ 3 slices un bologna chopped
- ☐ 3 carrots peeled sliced lengthwise
- ☐ 3 dill pickles chopped to taste
- ☐ 8 servings ground pepper black to taste
- ☐ 2 hardboiled eggs chopped
- ☐ 2 tablespoons mayonnaise
- ☐ 1 onion finely chopped
- ☐ 15 ounce peas sweet drained canned

- ☐ 2 large potatoes peeled sliced lengthwise
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons cup heavy whipping cream sour

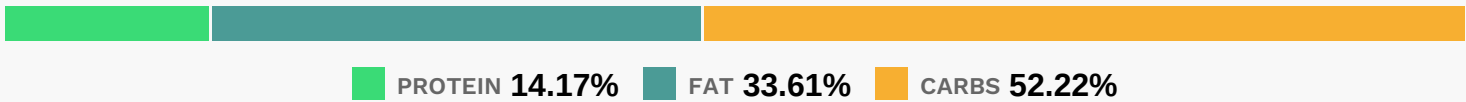
Equipment

- ☐ bowl
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Place potatoes and carrots into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 15 minutes.
- ☐ Drain and rinse with cold water until cold. Dice potatoes and carrots.
- ☐ Combine potatoes, carrots, sweet peas, pickles, onion, bologna, and eggs together in a large bowl. Stir mayonnaise, sour cream, salt, and black pepper gently into potato mixture until well combined. Cover bowl with plastic wrap and refrigerate until cold, at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:29.95, Glycemic Load:12.83, Inflammation Score:-10, Nutrition Score:15.428260720294%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 201.37kcal (10.07%), Fat: 7.62g (11.73%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 26.65g (8.88%), Net Carbohydrates: 21.72g (7.9%), Sugar: 5.13g (5.7%), Cholesterol: 56.17mg (18.72%), Sodium: 601.97mg (26.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.46%), Vitamin A: 4776.3IU (95.53%), Vitamin C: 25.31mg (30.68%), Vitamin K: 25.91µg (24.67%), Vitamin B6: 0.41mg (20.56%), Fiber: 4.93g (19.71%), Potassium:

619.93mg (17.71%), Manganese: 0.33mg (16.7%), Phosphorus: 143.75mg (14.38%), Vitamin B1: 0.18mg (11.98%),
Selenium: 7.69µg (10.98%), Folate: 42.93µg (10.73%), Iron: 1.86mg (10.31%), Vitamin B3: 2.05mg (10.23%),
Magnesium: 40.69mg (10.17%), Vitamin B2: 0.16mg (9.56%), Copper: 0.18mg (9.2%), Zinc: 1.14mg (7.63%), Vitamin
B5: 0.65mg (6.49%), Calcium: 64.59mg (6.46%), Vitamin B12: 0.34µg (5.67%), Vitamin E: 0.46mg (3.06%), Vitamin
D: 0.37µg (2.44%)