



WHATSheATE



Original Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



229 kcal

SIDE DISH

Ingredients

- ☐ 1 cup celery thinly sliced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 cup mayonnaise dressing with olive oil best foods®
- ☐ 0.5 cup onion chopped
- ☐ 2 pounds potatoes peeled cut into 3/4-inch chunks (5 to 6 medium)
- ☐ 1.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons vinegar

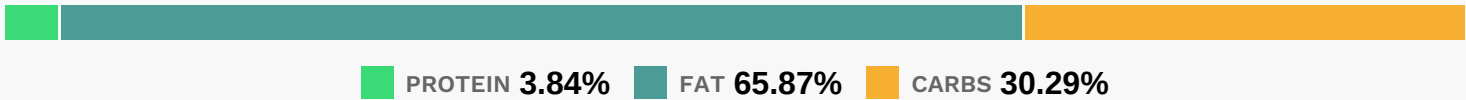
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cover potatoes with water in 4-quart saucepot; bring to a boil over medium-high heat. Reduce heat to low and simmer until potatoes are tender, about 10 minutes.
- ☐ Drain and cool slightly.
- ☐ Combine Hellmann's or Best Foods Real Mayonnaise, vinegar, salt, sugar and pepper in large bowl.
- ☐ Add potatoes, celery, onion and eggs and toss gently.
- ☐ Serve chilled or at room temperature.
- ☐ Also terrific with Hellmann's or Best Foods Mayonnaise Dressing with Olive Oil.
- ☐ Cost per recipe*: \$09
- ☐ Cost per serving*: \$39
- ☐ *Based on average retail prices at national supermarkets

Nutrition Facts



Properties

Glycemic Index:34.48, Glycemic Load:12.16, Inflammation Score:-3, Nutrition Score:7.0478260983591%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 229.03kcal (11.45%), Fat: 16.86g (25.95%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 17.45g (5.82%), Net Carbohydrates: 15.15g (5.51%), Sugar: 1.71g (1.9%), Cholesterol: 9.41mg (3.14%), Sodium: 504.98mg (21.96%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin K: 41.31µg (39.34%), Vitamin C: 18.78mg (22.76%), Vitamin B6: 0.29mg (14.33%), Potassium: 425.15mg (12.15%), Fiber: 2.31g (9.22%), Manganese: 0.17mg (8.51%), Phosphorus: 61.36mg (6.14%), Magnesium: 23.13mg (5.78%), Copper: 0.11mg (5.5%), Vitamin B1: 0.08mg (5.38%), Folate: 20.8µg (5.2%), Vitamin E: 0.77mg (5.15%), Vitamin B3: 1mg (4.99%), Iron: 0.8mg (4.45%), Vitamin B5: 0.34mg (3.42%), Vitamin B2: 0.04mg (2.43%), Zinc: 0.33mg (2.17%), Calcium: 19.19mg (1.92%), Selenium: 0.89µg (1.27%), Vitamin A: 62.16IU (1.24%)