



Ozarks Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 6 hard-cooked eggs diced
- ☐ 1 large onion chopped
- ☐ 5 pounds potatoes red
- ☐ 2.5 cups creamy salad dressing
- ☐ 12 servings salt and pepper to taste
- ☐ 0.3 cup mustard yellow prepared

Equipment

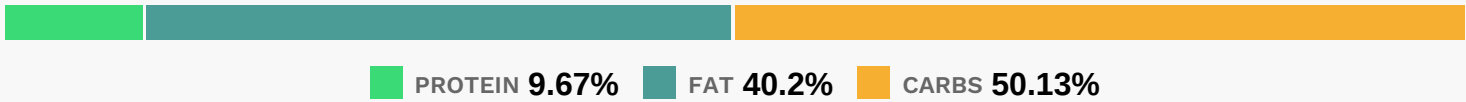
- ☐ bowl

☐ pot

Directions

- ☐ Place the potatoes in a large pot and fill with enough water to cover. Bring to a boil, then reduce heat to medium and cook until tender enough to pierce with a fork, about 15 minutes.
- ☐ Drain and cool slightly.
- ☐ Remove the peels and cut into cubes. Set aside to cool completely.
- ☐ In a large bowl, mix together the onion, salad dressing and mustard. Stir in the hard-cooked eggs and cooled potatoes. Try not to mash the potatoes very much. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:12.621304315069%

Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 296.71kcal (14.84%), Fat: 13.44g (20.67%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 37.7g (12.57%), Net Carbohydrates: 34.05g (12.38%), Sugar: 8.61g (9.57%), Cholesterol: 93.25mg (31.08%), Sodium: 802.53mg (34.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.55%), Vitamin K: 33.1µg (31.52%), Potassium: 958.63mg (27.39%), Vitamin C: 17.4mg (21.09%), Vitamin B6: 0.4mg (20.07%), Phosphorus: 174.86mg (17.49%), Selenium: 11.45µg (16.36%), Manganese: 0.33mg (16.32%), Fiber: 3.65g (14.59%), Copper: 0.27mg (13.73%), Vitamin B1: 0.19mg (13%), Magnesium: 50.27mg (12.57%), Folate: 47.76µg (11.94%), Vitamin B3: 2.3mg (11.48%), Vitamin B2: 0.19mg (11.39%), Iron: 1.91mg (10.64%), Vitamin E: 1.37mg (9.13%), Vitamin B5: 0.91mg (9.08%), Zinc: 0.98mg (6.5%), Vitamin B12: 0.28µg (4.63%), Calcium: 44.03mg (4.4%), Vitamin D: 0.55µg (3.67%), Vitamin A: 164.79IU (3.3%)