



Picnic Potato Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



437 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup celery diced
- ☐ 3 hardboiled eggs grated peeled
- ☐ 1 cup mayonnaise
- ☐ 0.8 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cream sour
- ☐ 1 tablespoon spicy brown mustard
- ☐ 0.3 cup onion sweet finely chopped

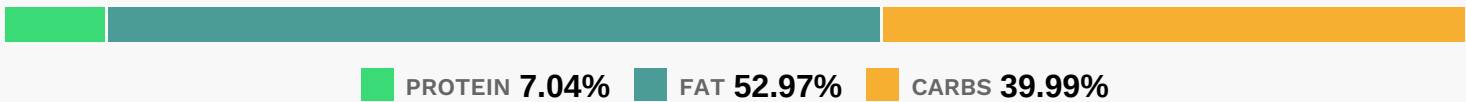
- ☐ 0.3 cup pickle relish sweet
- ☐ 4 pounds yukon gold potatoes

Equipment

Directions

- ☐ Cook potatoes in boiling water to cover 40 minutes or until tender; drain and cool 15 minutes. Peel potatoes, and cut into 1-inch cubes.
- ☐ Combine potatoes and eggs.
- ☐ Stir together mayonnaise and next 7 ingredients; gently stir into potato mixture.
- ☐ Serve immediately, or cover and chill 12 hours.

Nutrition Facts



Properties

Glycemic Index:28.72, Glycemic Load:29.14, Inflammation Score:-6, Nutrition Score:16.774782802748%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 437.14kcal (21.86%), Fat: 26.05g (40.07%), Saturated Fat: 5.41g (33.83%), Carbohydrates: 44.25g (14.75%), Net Carbohydrates: 38.89g (14.14%), Sugar: 5.3g (5.89%), Cholesterol: 90.18mg (30.06%), Sodium: 598.14mg (26.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.57%), Vitamin K: 58.84µg (56.04%), Vitamin C: 45.41mg (55.04%), Vitamin B6: 0.72mg (35.81%), Potassium: 1033.63mg (29.53%), Fiber: 5.36g (21.45%), Manganese: 0.4mg (20.03%), Phosphorus: 185.04mg (18.5%), Magnesium: 58.66mg (14.67%), Vitamin B1: 0.21mg (13.82%), Copper: 0.27mg (13.59%), Folate: 50.85µg (12.71%), Vitamin B3: 2.48mg (12.38%), Iron: 2.21mg (12.27%), Vitamin B2: 0.21mg (12.19%), Selenium: 8.34µg (11.91%), Vitamin B5: 1.06mg (10.61%), Vitamin E: 1.26mg (8.4%), Vitamin A: 333.81IU (6.68%), Zinc: 0.99mg (6.58%), Calcium: 59.63mg (5.96%), Vitamin B12: 0.27µg (4.53%), Vitamin D: 0.47µg (3.12%)