



Potato Salad 101



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 0.5 cup celery chopped
- ☐ 3 large hardboiled eggs chopped
- ☐ 0.8 cup mayonnaise low-fat
- ☐ 2 tablespoons mustard prepared
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons pickle relish sweet drained
- ☐ 3 tablespoons vinegar white

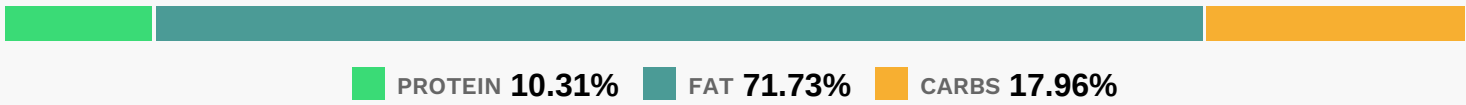
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place potatoes in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 10 minutes or until tender.
- ☐ Drain. Cool and peel.
- ☐ Cut potatoes into 1/2-inch cubes.
- ☐ Place potatoes in a large bowl; sprinkle with vinegar and oil.
- ☐ Add celery, onion, pickle relish, and eggs; toss gently.
- ☐ Combine mayonnaise, mustard, salt, and pepper. Spoon mayonnaise mixture over potato mixture; toss gently to coat. Cover and chill 1 to 24 hours.

Nutrition Facts



Properties

Glycemic Index:24.71, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:4.0956521837608%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 123.19kcal (6.16%), Fat: 9.79g (15.07%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 4.96g (1.8%), Sugar: 2.99g (3.32%), Cholesterol: 83.77mg (27.92%), Sodium: 479.44mg (20.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.33%), Vitamin K: 20.31µg (19.34%), Selenium: 8.81µg (12.58%), Vitamin E: 1.16mg (7.72%), Vitamin B2: 0.12mg (7.15%), Phosphorus: 51.12mg (5.11%), Vitamin A: 216.48IU

(4.33%), Vitamin B12: 0.24µg (3.96%), Folate: 15.51µg (3.88%), Vitamin B5: 0.36mg (3.59%), Vitamin D: 0.47µg (3.14%), Manganese: 0.06mg (3.06%), Vitamin B6: 0.05mg (2.46%), Iron: 0.44mg (2.46%), Potassium: 78.5mg (2.24%), Fiber: 0.56g (2.24%), Calcium: 21.33mg (2.13%), Vitamin B1: 0.03mg (2.07%), Zinc: 0.31mg (2.04%), Magnesium: 7.03mg (1.76%), Vitamin C: 1.13mg (1.37%), Copper: 0.02mg (1.13%)