



Potato Salad



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



486 kcal

SIDE DISH

Ingredients

- ☐ 12 hard-cooked eggs separated
- ☐ 2 cups mayonnaise
- ☐ 2 tablespoons mustard prepared
- ☐ 12 servings garnish: paprika
- ☐ 0.8 teaspoon pepper
- ☐ 5 pounds potatoes red
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer) sweet

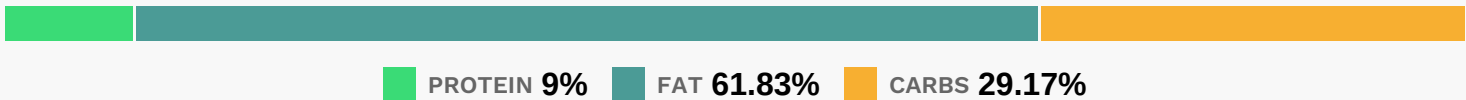
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Peel potatoes, if desired, and cut into pieces. Cook in boiling water to cover in a Dutch oven 30 minutes or until tender; drain and cool.
- ☐ Chop egg whites.
- ☐ Mash yolks with a fork in a large bowl; stir in mayonnaise and next 4 ingredients until blended.
- ☐ Add potato and chopped egg whites, tossing gently to coat. Cover and chill 1 hour.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:1.07, Inflammation Score:-9, Nutrition Score:24.146086879399%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 486.28kcal (24.31%), Fat: 33.81g (52.01%), Saturated Fat: 6.12g (38.25%), Carbohydrates: 35.88g (11.96%), Net Carbohydrates: 30.96g (11.26%), Sugar: 6.38g (7.08%), Cholesterol: 202.18mg (67.39%), Sodium: 728.21mg (31.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.15%), Vitamin C: 111.62mg (135.3%), Vitamin K: 70.38µg (67.03%), Vitamin A: 2632.55IU (52.65%), Potassium: 1093.07mg (31.23%), Vitamin B6: 0.6mg (30.18%), Selenium: 18.14µg (25.91%), Phosphorus: 231.4mg (23.14%), Folate: 92.35µg (23.09%), Vitamin B2: 0.39mg (22.79%), Fiber: 4.92g (19.67%), Vitamin E: 2.95mg (19.64%), Manganese: 0.39mg (19.63%), Vitamin B1: 0.23mg (15.66%), Vitamin B5: 1.54mg (15.36%), Vitamin B3: 2.95mg (14.74%), Magnesium: 57.31mg (14.33%), Copper: 0.28mg (14.16%), Iron: 2.43mg (13.49%), Vitamin B12: 0.6µg (10%), Zinc: 1.41mg (9.39%), Vitamin D: 1.17µg (7.83%), Calcium: 54.41mg (5.44%)