



Potato Salad Dressing II

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon butter
- ☐ 2 eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.5 cup creamy salad dressing
- ☐ 0.3 cup water
- ☐ 0.8 cup sugar white
- ☐ 0.3 cup citrus champagne vinegar

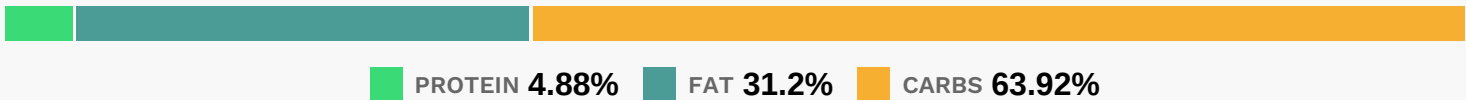
Equipment

☐ sauce pan

Directions

- ☐ In a saucepan, combine mustard, flour, butter, eggs, sugar, water and vinegar. Cook over medium heat stirring often until mixture becomes thick and smooth.
- ☐ Remove from heat and allow to cool.
- ☐ Combine dressing mixture with creamy salad dressing, mix well. Fold into cooked potatoes.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:14.12, Inflammation Score:-1, Nutrition Score:1.9704347874807%

Nutrients (% of daily need)

Calories: 136.53kcal (6.83%), Fat: 4.78g (7.35%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 22.02g (7.34%), Net Carbohydrates: 21.95g (7.98%), Sugar: 20.35g (22.61%), Cholesterol: 42.26mg (14.09%), Sodium: 166.69mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin K: 8.31µg (7.92%), Selenium: 4.69µg (6.69%), Vitamin B2: 0.06mg (3.74%), Vitamin E: 0.46mg (3.06%), Phosphorus: 27.79mg (2.78%), Folate: 8.82µg (2.21%), Iron: 0.37mg (2.07%), Vitamin B5: 0.18mg (1.79%), Vitamin B12: 0.1µg (1.65%), Vitamin A: 80.35IU (1.61%), Vitamin B1: 0.02mg (1.54%), Vitamin D: 0.22µg (1.47%), Vitamin B6: 0.03mg (1.47%), Manganese: 0.03mg (1.38%), Zinc: 0.18mg (1.19%)