



Potato Salad with Celery and Onion

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



326 kcal

SIDE DISH

Ingredients

- 4 pound baking potatoes
- 2 rib celery diced
- 3 hard-cooked eggs grated
- 1 cup mayonnaise
- 0.8 teaspoon pepper
- 2.5 teaspoons salt divided
- 1 tablespoon spicy brown mustard
- 0.5 small onion diced sweet

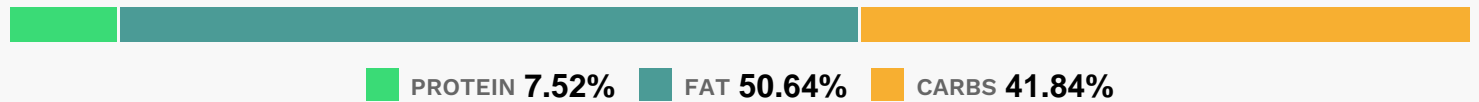
Equipment

bowl

Directions

- Cook potatoes in boiling water to cover and salted with 1 teaspoon salt 40 minutes or until tender; drain and cool 10 to 15 minutes.
- Stir together mayonnaise, mustard, pepper, and remaining 1 1/2 teaspoons salt in a large bowl.
- Peel potatoes, and cut into 1-inch cubes.
- Add warm potato cubes, grated eggs, celery, and onion to bowl, and gently toss with mayonnaise mixture.
- Serve immediately, or, if desired, cover and chill.
- Note: To reduce cooking time, use 4 extra-large baking potatoes (about 1 pound each), peeled and cut into 1-inch cubes. Proceed as directed, reducing cooking time to 20 minutes or until tender.
- Drain and cool 10 minutes. Increase mayonnaise to 1 1/2 cups, and proceed as directed.

Nutrition Facts



Properties

Glycemic Index:23.08, Glycemic Load:25.87, Inflammation Score:-4, Nutrition Score:11.299999952316%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 325.52kcal (16.28%), Fat: 18.56g (28.56%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 31.9g (11.6%), Sugar: 2.28g (2.53%), Cholesterol: 65.36mg (21.79%), Sodium: 769.3mg (33.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Vitamin K: 40.2µg (38.28%), Vitamin B6: 0.67mg

(33.45%), Potassium: 804.55mg (22.99%), Manganese: 0.33mg (16.5%), Phosphorus: 136.67mg (13.67%), Vitamin C: 11.15mg (13.51%), Magnesium: 45.96mg (11.49%), Vitamin B1: 0.17mg (11.38%), Fiber: 2.61g (10.45%), Iron: 1.87mg (10.4%), Copper: 0.21mg (10.3%), Vitamin B3: 1.92mg (9.6%), Folate: 37.13µg (9.28%), Selenium: 6.46µg (9.23%), Vitamin B2: 0.15mg (8.57%), Vitamin B5: 0.82mg (8.18%), Vitamin E: 0.92mg (6.12%), Zinc: 0.75mg (5.01%), Calcium: 38.24mg (3.82%), Vitamin B12: 0.19µg (3.22%), Vitamin D: 0.37µg (2.5%), Vitamin A: 97.32IU (1.95%)