



Potato Salad with Sweet Pickles



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



321 kcal

SIDE DISH

Ingredients

- 4 pound baking potatoes
- 3 hard-cooked eggs grated
- 1 cup mayonnaise
- 0.8 teaspoon pepper
- 0.3 cup salad cube pickles sweet
- 2.5 teaspoons salt divided
- 1 tablespoon spicy brown mustard

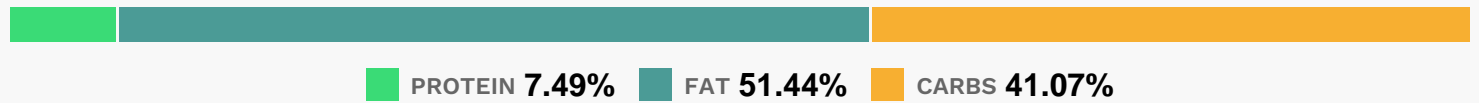
Equipment

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, and pickles 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:19.88, Glycemic Load:25.87, Inflammation Score:-3, Nutrition Score:11.06391297216%

Nutrients (% of daily need)

Calories: 320.77kcal (16.04%), Fat: 18.57g (28.57%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 33.35g (11.12%), Net Carbohydrates: 30.84g (11.22%), Sugar: 1.5g (1.67%), Cholesterol: 65.36mg (21.79%), Sodium: 806.33mg (35.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.17%), Vitamin K: 40.89µg (38.94%), Vitamin B6: 0.65mg (32.45%), Potassium: 789.67mg (22.56%), Manganese: 0.32mg (15.97%), Phosphorus: 132.91mg (13.29%), Vitamin C: 10.45mg (12.66%), Magnesium: 44.78mg (11.19%), Vitamin B1: 0.17mg (11.08%), Iron: 1.84mg (10.22%), Fiber: 2.51g (10.04%), Copper: 0.2mg (9.89%), Vitamin B3: 1.9mg (9.51%), Selenium: 6.38µg (9.11%), Vitamin B2: 0.15mg (8.53%), Folate: 33.63µg (8.41%), Vitamin B5: 0.8mg (8.03%), Vitamin E: 0.92mg (6.13%), Zinc: 0.74mg (4.9%), Calcium: 37.42mg (3.74%), Vitamin B12: 0.19µg (3.22%), Vitamin D: 0.37µg (2.5%), Vitamin A: 104.98IU (2.1%)