



Pumped Up Potato Salad



Vegetarian

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READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

456 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 4 servings pepper black freshly ground
- ☐ 2 medium carrots grated (from the salad bar)
- ☐ 2 stalks celery finely chopped
- ☐ 4 ounces elbow macaroni uncooked
- ☐ 2 hardboiled eggs chopped (from the salad bar)
- ☐ 0.3 cup honey mustard dressing
- ☐ 4 servings kosher salt

- ☐ 0.3 cup mayonnaise
- ☐ 24 ounce potatoes such as reser's potato express prepared
- ☐ 1 bell pepper red finely chopped (from the salad bar)
- ☐ 2 scallions sliced
- ☐ 0.3 cup cup heavy whipping cream sour

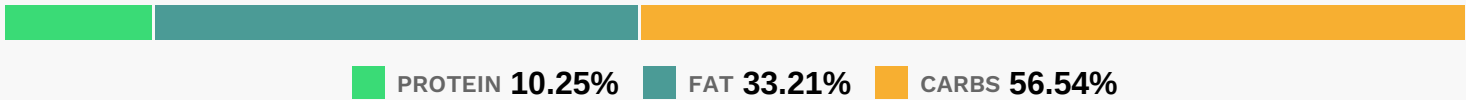
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of water to a boil over high heat.
- ☐ Add a big pinch of salt and the pasta and cook according to the package directions until the pasta is tender.
- ☐ Drain the pasta, rinse with cold water and set aside.
- ☐ In a large bowl, mix together the honey mustard dressing, mayonnaise, sour cream and apple cider vinegar.
- ☐ Add the pasta, potatoes, carrots, celery, eggs and bell peppers.
- ☐ Mix until all the ingredients are well coated.
- ☐ Taste and adjust the seasoning with salt and pepper. Refrigerate until ready to serve. When ready to serve, put into a serving bowl and garnish with the scallions.

Nutrition Facts



Properties

Glycemic Index:87.15, Glycemic Load:23.34, Inflammation Score:-10, Nutrition Score:25.61869592252%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 455.69kcal (22.78%), Fat: 16.71g (25.7%), Saturated Fat: 4.07g (25.43%), Carbohydrates: 63.98g (21.33%), Net Carbohydrates: 57.35g (20.86%), Sugar: 9.16g (10.18%), Cholesterol: 107.61mg (35.87%), Sodium: 447.27mg (19.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.6g (23.2%), Vitamin A: 6409.03IU (128.18%), Vitamin C: 75.27mg (91.23%), Vitamin K: 50.3µg (47.9%), Selenium: 27.17µg (38.81%), Vitamin B6: 0.73mg (36.34%), Manganese: 0.66mg (32.95%), Potassium: 1064.64mg (30.42%), Fiber: 6.63g (26.52%), Phosphorus: 233.29mg (23.33%), Folate: 75.42µg (18.85%), Magnesium: 69.22mg (17.3%), Vitamin B2: 0.29mg (16.82%), Copper: 0.31mg (15.33%), Vitamin B1: 0.23mg (15.08%), Vitamin B3: 2.99mg (14.96%), Iron: 2.4mg (13.33%), Vitamin B5: 1.28mg (12.8%), Vitamin E: 1.58mg (10.53%), Zinc: 1.42mg (9.49%), Calcium: 79.8mg (7.98%), Vitamin B12: 0.32µg (5.41%), Vitamin D: 0.58µg (3.85%)