



Restaurant-Style Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



293 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon carrots shredded
- 1 tablespoon celery minced
- 0.3 teaspoon parsley dried
- 0.3 teaspoon ground pepper black
- 1 cup mayonnaise
- 2 teaspoons mustard prepared
- 1 teaspoon pimento minced
- 2 pounds russet potatoes

- 8 servings salt to taste
- 4 teaspoons relish sweet
- 2 teaspoons onion white chopped
- 4 teaspoons sugar white
- 1 teaspoon citrus champagne vinegar

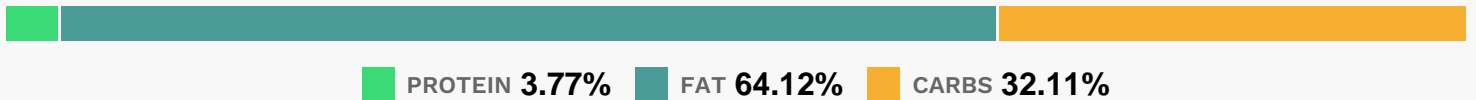
Equipment

- bowl
- pot

Directions

- Bring a large pot of salted water to a boil.
- Add potatoes and cook until tender but still firm, about 15 minutes.
- Drain, cool and chop.
- In a large bowl, combine the potatoes, mayonnaise, sweet pickle relish, sugar, onion, mustard, vinegar, celery, pimentos, carrot, parsley, pepper and salt.
- Mix well, chill and serve.

Nutrition Facts



Properties

Glycemic Index:52.46, Glycemic Load:17.64, Inflammation Score:-3, Nutrition Score:7.5504347060038%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 292.62kcal (14.63%), Fat: 21.1g (32.47%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 23.77g (7.92%), Net Carbohydrates: 22.16g (8.06%), Sugar: 3.67g (4.08%), Cholesterol: 11.76mg (3.92%), Sodium: 412.52mg (17.94%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.79g (5.58%), Vitamin K: 50.34µg (47.94%), Vitamin B6: 0.4mg (19.92%), Potassium: 487.73mg (13.94%), Manganese: 0.2mg (9.87%), Vitamin C: 7.24mg (8.77%), Phosphorus: 70.74mg (7.07%), Magnesium: 27.48mg (6.87%), Vitamin B1: 0.1mg (6.6%), Fiber: 1.62g (6.48%), Vitamin E: 0.96mg (6.4%), Copper: 0.13mg (6.37%), Iron: 1.1mg (6.14%), Vitamin B3: 1.2mg (6%), Folate: 17.96µg (4.49%), Vitamin B5: 0.4mg (3.98%), Vitamin B2: 0.05mg (2.72%), Zinc: 0.39mg (2.59%), Vitamin A: 123.63IU (2.47%), Selenium: 1.55µg (2.21%), Calcium: 18.99mg (1.9%)