

# Russian Potato Salad from Costa Rica

 Vegetarian  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



229 kcal

SIDE DISH

## Ingredients

- 15 ounce beets drained sliced finely chopped canned
- 4 eggs
- 2 tablespoons mayonnaise or as needed
- 4 potatoes cubed peeled
- 6 servings salt and pepper to taste

## Equipment

- bowl
- sauce pan

pot

## Directions

- Place the potatoes into a pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Drain and allow to steam dry for a minute or two. Allow the potatoes to cool.
- While the potatoes are cooking, place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes.
- Pour out the hot water, then cool the eggs under cold running water in the sink. Peel and dice once cold.
- Place the potatoes, beets, eggs, and mayonnaise into a bowl, mix well, and season to taste with salt and pepper.

## Nutrition Facts

    
 **PROTEIN 12.3%**  **FAT 24.94%**  **CARBS 62.76%**

## Properties

Glycemic Index:22.29, Glycemic Load:18.17, Inflammation Score:-4, Nutrition Score:11.784347928089%

## Flavonoids

Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 229.09kcal (11.45%), Fat: 6.46g (9.95%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 36.6g (12.2%), Net Carbohydrates: 32.91g (11.97%), Sugar: 9.04g (10.04%), Cholesterol: 111.08mg (37.03%), Sodium: 379.2mg (16.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.35%), Vitamin C: 29.6mg (35.88%), Vitamin B6: 0.5mg (25.23%), Potassium: 720.78mg (20.59%), Manganese: 0.38mg (19.11%), Phosphorus: 152.05mg (15.2%), Fiber: 3.69g (14.76%), Selenium: 10.25µg (14.64%), Folate: 55.88µg (13.97%), Copper: 0.26mg (12.89%), Vitamin B2: 0.21mg (12.61%), Magnesium: 46.86mg (11.72%), Iron: 1.92mg (10.68%), Vitamin K: 10.61µg (10.1%), Vitamin B5: 0.98mg (9.75%), Vitamin B1: 0.13mg (8.86%), Vitamin B3: 1.7mg (8.48%), Zinc: 0.98mg (6.55%), Vitamin B12: 0.27µg (4.44%), Calcium: 41.76mg (4.18%), Vitamin A: 199IU (3.98%), Vitamin D: 0.6µg (3.97%), Vitamin E: 0.52mg (3.45%)