



Shout Hallelujah Potato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 1 tsp celery salt
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 4 large hard-cooked eggs peeled
- ☐ 4 drops hot sauce
- ☐ 1 to 2 jalapeño peppers minced seeded

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 1 cup salad cube pickles sweet drained
- ☐ 4 oz pimientos diced drained
- ☐ 0.5 cup onion red chopped
- ☐ 2 tablespoons seasoned rice wine vinegar
- ☐ 0.5 teaspoon paprika smoked
- ☐ 1 tablespoon salt
- ☐ 0.3 cup mustard yellow
- ☐ 5 pounds yukon gold potatoes

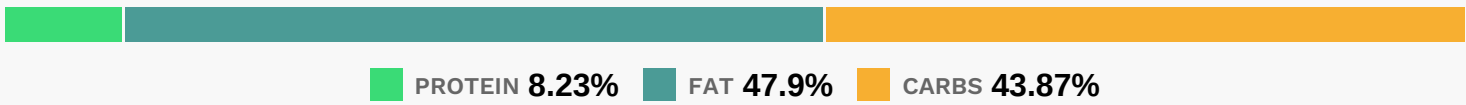
Equipment

- ☐ bowl

Directions

- ☐ Cook potatoes in boiling water to cover 20 minutes or until tender; drain and cool 15 minutes. Peel potatoes, and place in a large bowl.
- ☐ Add eggs, and chop mixture into bite-size pieces.
- ☐ Sprinkle with salt; toss to coat.
- ☐ Stir together mayonnaise and next 13 ingredients; gently stir into potato mixture.
- ☐ Sprinkle with paprika; add black pepper to taste.
- ☐ Serve immediately, or cover and chill up to 2 days.

Nutrition Facts



Properties

Glycemic Index:34.06, Glycemic Load:24.61, Inflammation Score:-7, Nutrition Score:16.457391282786%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.81mg, Apigenin: 2.81mg, Apigenin: 2.81mg, Apigenin: 2.81mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 322.44kcal (16.12%), Fat: 17.39g (26.75%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 30.71g (11.17%), Sugar: 2.93g (3.26%), Cholesterol: 70.01mg (23.34%), Sodium: 1094.18mg (47.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.45%), Vitamin C: 57.21mg (69.35%), Vitamin K: 60.32µg (57.45%), Vitamin B6: 0.65mg (32.31%), Potassium: 906.31mg (25.89%), Fiber: 5.12g (20.46%), Manganese: 0.36mg (17.98%), Phosphorus: 155.63mg (15.56%), Magnesium: 52.22mg (13.06%), Vitamin B1: 0.19mg (12.77%), Iron: 2.18mg (12.09%), Copper: 0.23mg (11.74%), Folate: 46.66µg (11.67%), Vitamin A: 580.58IU (11.61%), Selenium: 7.99µg (11.42%), Vitamin B3: 2.21mg (11.05%), Vitamin B2: 0.18mg (10.37%), Vitamin B5: 0.89mg (8.86%), Vitamin E: 1.2mg (7.99%), Zinc: 0.87mg (5.78%), Calcium: 49.59mg (4.96%), Vitamin B12: 0.21µg (3.46%), Vitamin D: 0.4µg (2.69%)