



## Simple German Potato Salad

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



479 kcal

SIDE DISH

### Ingredients

- 3 spiced dill pickles coarsely chopped
- 1 teaspoon garlic powder
- 3 hard-cooked eggs peeled sliced
- 5 hot dogs cut into pieces
- 8 medium potatoes diced red
- 0.5 cup creamy salad dressing
- 1 cup creamy cucumber salad dressing
- 6 servings salt and pepper to taste

0.3 cup onion white chopped

## Equipment

bowl

pot

## Directions

Place the potatoes into a pot and fill with enough water to cover. Bring to a boil, then reduce the heat to medium and simmer until tender, about 10 minutes.

Drain and cool.

In a large bowl, stir together the salad dressing, pickles, eggs, hot dogs and salad dressing. Season with onion, salt, pepper and garlic powder. Stir in the cooled potatoes until coated. Cover and chill until serving.

## Nutrition Facts

 **PROTEIN 10.71%** **FAT 39.11%** **CARBS 50.18%**

## Properties

Glycemic Index:10, Glycemic Load:2.09, Inflammation Score:-6, Nutrition Score:20.103043411089%

## Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

## Nutrients (% of daily need)

Calories: 479.4kcal (23.97%), Fat: 21.16g (32.56%), Saturated Fat: 4.63g (28.96%), Carbohydrates: 61.08g (20.36%), Net Carbohydrates: 55.77g (20.28%), Sugar: 11g (12.22%), Cholesterol: 110.13mg (36.71%), Sodium: 1378.96mg (59.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.04g (26.08%), Vitamin K: 46.7µg (44.48%), Potassium: 1479.94mg (42.28%), Vitamin C: 25.88mg (31.37%), Vitamin B6: 0.6mg (29.84%), Selenium: 20.39µg (29.12%), Phosphorus: 271.38mg (27.14%), Vitamin B1: 0.37mg (24.59%), Manganese: 0.49mg (24.46%), Vitamin B3: 4.8mg (23.99%), Copper: 0.44mg (21.9%), Fiber: 5.31g (21.25%), Folate: 84.6µg (21.15%), Vitamin B2: 0.34mg (20.14%), Iron: 3.53mg (19.6%), Magnesium: 76.12mg (19.03%), Zinc: 2.06mg (13.74%), Vitamin B5: 1.37mg (13.65%), Vitamin E: 1.62mg (10.77%), Vitamin B12: 0.47µg (7.88%), Calcium: 77.14mg (7.71%), Vitamin A: 230.64IU (4.61%), Vitamin D: 0.55µg (3.67%)