



## Simple Potato Salad

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



3

CALORIES



473 kcal

SIDE DISH

### Ingredients

- 2 eggs
- 3 potatoes red
- 1.5 cups creamy salad dressing

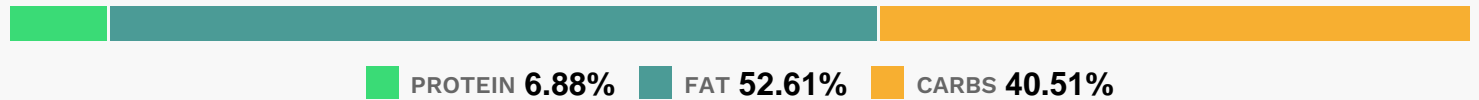
### Equipment

- sauce pan
- mixing bowl
- pot

## Directions

- Bring a small pot of salted water to a boil.
- Add potatoes; cook until tender but still firm, about 15 minutes.
- Drain and cool.
- Place eggs in a saucepan, and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, and cool.
- Peel the eggs and cut around the egg white; keep the yolk whole.
- Dice the egg whites and potatoes.
- Combine in a mixing bowl and add the salad dressing.
- Toss the potatoes and egg; crumble the egg yolk on top and serve chilled.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:16.014782542768%

## Flavonoids

Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## Nutrients (% of daily need)

Calories: 473.05kcal (23.65%), Fat: 27.88g (42.89%), Saturated Fat: 4.46g (27.87%), Carbohydrates: 48.3g (16.1%), Net Carbohydrates: 44.67g (16.25%), Sugar: 15.55g (17.27%), Cholesterol: 109.12mg (36.37%), Sodium: 1246.77mg (54.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.41%), Vitamin K: 72.07µg (68.63%), Potassium: 1108.33mg (31.67%), Vitamin B6: 0.49mg (24.36%), Vitamin C: 18.79mg (22.77%), Phosphorus: 205.63mg (20.56%), Vitamin E: 2.9mg (19.35%), Selenium: 12.42µg (17.74%), Manganese: 0.34mg (17.25%), Copper: 0.33mg (16.44%), Fiber: 3.62g (14.48%), Magnesium: 56.26mg (14.06%), Vitamin B1: 0.21mg (13.85%), Iron: 2.37mg (13.19%), Vitamin B3: 2.62mg (13.12%), Folate: 52.13µg (13.03%), Vitamin B2: 0.2mg (11.77%), Vitamin B5: 1.04mg (10.44%), Zinc: 1.16mg (7.76%), Calcium: 53mg (5.3%), Vitamin B12: 0.26µg (4.35%), Vitamin A: 215.61IU (4.31%), Vitamin D: 0.59µg (3.91%)