



Simple Southern Potato Salad

 **Gluten Free**  **Dairy Free**

READY IN



1440 min.

SERVINGS



10

CALORIES



623 kcal

SIDE DISH

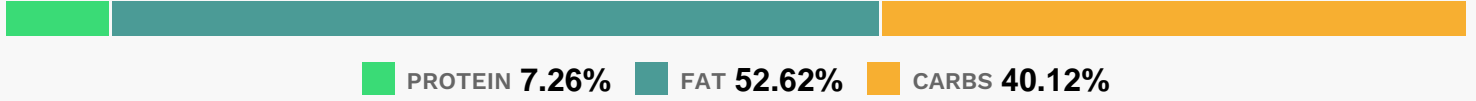
Ingredients

- 5 large hardboiled eggs chopped
- 2 cups mayonnaise
- 3 tablespoons mustard
- 2 medium onion chopped
- 10 servings bell pepper
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- 1 cup toppings: such as pickles chopped
- 8 large potatoes cubed peeled

10 servings salt

Equipment

Nutrition Facts



Properties

Glycemic Index:25.68, Glycemic Load:40.22, Inflammation Score:-10, Nutrition Score:32.845217391304%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg

Nutrients (% of daily need)

Calories: 622.69kcal (31.13%), Fat: 37.11g (57.09%), Saturated Fat: 6.25g (39.09%), Carbohydrates: 63.67g (21.22%), Net Carbohydrates: 53.34g (19.39%), Sugar: 10.28g (11.42%), Cholesterol: 112.07mg (37.36%), Sodium: 698.87mg (30.39%), Protein: 11.52g (23.03%), Vitamin C: 250.82mg (304.03%), Vitamin A: 4860.02IU (97.2%), Vitamin K: 88.57µg (84.35%), Vitamin B6: 1.37mg (68.63%), Potassium: 1652.57mg (47.22%), Fiber: 10.33g (41.34%), Manganese: 0.68mg (34.13%), Folate: 134.65µg (33.66%), Vitamin E: 4.15mg (27.65%), Phosphorus: 272.94mg (27.29%), Vitamin B1: 0.36mg (24.2%), Magnesium: 94.09mg (23.52%), Vitamin B3: 4.65mg (23.26%), Vitamin B2: 0.37mg (22.06%), Iron: 3.49mg (19.37%), Copper: 0.37mg (18.58%), Vitamin B5: 1.82mg (18.2%), Selenium: 11.41µg (16.29%), Zinc: 1.64mg (10.94%), Calcium: 77.68mg (7.77%), Vitamin B12: 0.33µg (5.52%), Vitamin D: 0.64µg (4.26%)