

# South African Potato Salad

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



15

CALORIES



384 kcal

SIDE DISH

## Ingredients

- 10 eggs
- 1 bunch spring onion chopped
- 1.5 cups mayonnaise
- 14 ounce condensed milk sweetened canned
- 12 medium potatoes white with skin

## Equipment

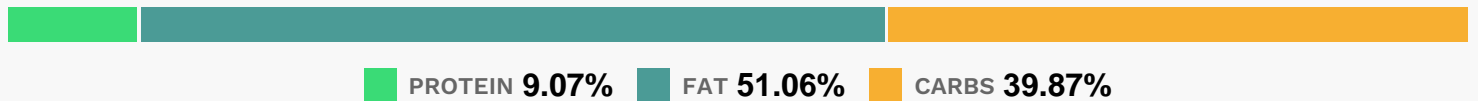
- bowl
- sauce pan

- knife
- slotted spoon

## Directions

- Place eggs in a saucepan and cover with water. Bring to a boil and cook for 10 minutes.
- Remove eggs with a slotted spoon and set aside to cool.
- Add whole potatoes to the water and boil until a knife is easily inserted, but they are not too soft.
- Drain and cool.
- Peel and chop the eggs and place them in a large serving bowl. Stir in the green onions. When the potatoes have cooled, peel and chop then add them to the bowl.
- Pour in the sweetened condensed milk and stir in the mayonnaise.
- Sprinkle parley over the top. Chill until serving. This is best served chilled.

## Nutrition Facts



## Properties

Glycemic Index:15.12, Glycemic Load:26.26, Inflammation Score:-4, Nutrition Score:13.422173873238%

## Flavonoids

Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Nutrients (% of daily need)

Calories: 384.43kcal (19.22%), Fat: 21.97g (33.8%), Saturated Fat: 5.03g (31.42%), Carbohydrates: 38.61g (12.87%), Net Carbohydrates: 35.58g (12.94%), Sugar: 15.73g (17.48%), Cholesterol: 127.52mg (42.51%), Sodium: 225.91mg (9.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.56%), Vitamin K: 42.65µg (40.62%), Vitamin C: 27.78mg (33.67%), Vitamin B6: 0.47mg (23.37%), Phosphorus: 207.84mg (20.78%), Potassium: 720.1mg (20.57%), Selenium: 13.85µg (19.79%), Vitamin B2: 0.29mg (17.25%), Fiber: 3.03g (12.13%), Manganese: 0.22mg (11.1%), Calcium: 110.84mg (11.08%), Vitamin B5: 1.09mg (10.9%), Magnesium: 42.22mg (10.56%), Folate: 40.6µg (10.15%), Vitamin B1: 0.15mg (9.83%), Iron: 1.7mg (9.42%), Copper: 0.18mg (8.88%), Vitamin B3: 1.52mg (7.6%), Vitamin E: 1.11mg (7.38%), Zinc: 1.06mg (7.08%), Vitamin B12: 0.4µg (6.74%), Vitamin A: 262.28IU (5.25%), Vitamin D: 0.68µg (4.56%)