



Southern Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

Ingredients

- 0.5 stalk celery chopped
- 4 eggs
- 1 clove garlic minced
- 0.5 cup mayonnaise
- 2 tablespoons mustard prepared
- 0.3 cup relish sweet
- 4 potatoes
- 4 servings salt and pepper to taste

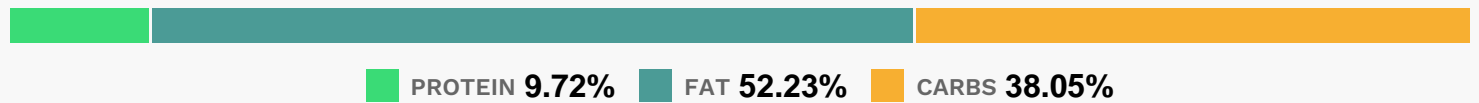
Equipment

- bowl
- sauce pan
- pot

Directions

- Bring a large pot of salted water to a boil.
- Add potatoes and cook until tender but still firm, about 15 minutes; drain and chop.
- Place eggs in a saucepan and cover 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; peel and chop.
- In a large bowl, combine the potatoes, eggs, celery, sweet relish, garlic, mustard, mayonnaise and salt and pepper. Gently mix together and serve warm.

Nutrition Facts



Properties

Glycemic Index:56.94, Glycemic Load:27.44, Inflammation Score:-5, Nutrition Score:18.092608659164%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 437.6kcal (21.88%), Fat: 25.66g (39.47%), Saturated Fat: 4.74g (29.61%), Carbohydrates: 42.04g (14.01%), Net Carbohydrates: 36.71g (13.35%), Sugar: 2.16g (2.41%), Cholesterol: 175.44mg (58.48%), Sodium: 699.85mg (30.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.49%), Vitamin C: 42.53mg (51.55%), Vitamin K: 51.41µg (48.96%), Vitamin B6: 0.73mg (36.29%), Potassium: 1002.24mg (28.64%), Selenium: 17.47µg (24.95%), Phosphorus: 230.96mg (23.1%), Fiber: 5.33g (21.33%), Manganese: 0.39mg (19.6%), Vitamin B2: 0.29mg (17.02%), Iron: 2.82mg (15.69%), Magnesium: 61.79mg (15.45%), Folate: 58.66µg (14.66%), Copper: 0.29mg (14.46%),

Vitamin B1: 0.21mg (14.24%), Vitamin B5: 1.39mg (13.93%), Vitamin B3: 2.42mg (12.09%), Vitamin E: 1.44mg (9.61%),
Zinc: 1.32mg (8.82%), Vitamin B12: 0.43µg (7.09%), Vitamin A: 313.37IU (6.27%), Vitamin D: 0.94µg (6.24%), Calcium:
61.4mg (6.14%)