



Southern-Style Potato Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



563 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup celery finely chopped
- ☐ 0.5 pound bacon crumbled cooked
- ☐ 3 hardboiled eggs grated
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon mustard
- ☐ 2 tablespoons onion finely chopped
- ☐ 8 servings grape tomatoes fresh chopped
- ☐ 0.5 teaspoon pepper freshly ground

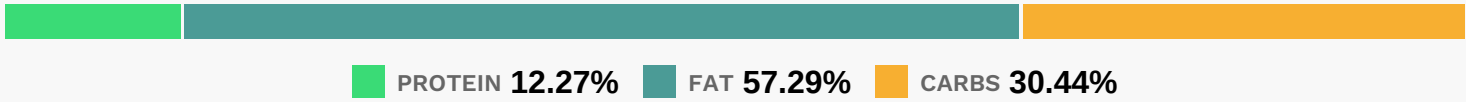
- ☐ 4 pounds potatoes (4 large)
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cream sour
- ☐ 2 tablespoons pickle relish sweet

Equipment

Directions

- ☐ Cook potatoes in boiling water to cover 40 minutes or until tender; drain and cool. Peel potatoes, and cut into 1-inch cubes.
- ☐ Stir together potatoes and eggs.
- ☐ Stir together mayonnaise and next 7 ingredients; gently stir into potato mixture. Cover and chill.
- ☐ Sprinkle with bacon just before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:36.84, Glycemic Load:29.18, Inflammation Score:-6, Nutrition Score:20.439565223196%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 563.19kcal (28.16%), Fat: 35.97g (55.34%), Saturated Fat: 8.81g (55.08%), Carbohydrates: 43g (14.33%), Net Carbohydrates: 37.75g (13.73%), Sugar: 3.92g (4.36%), Cholesterol: 118.24mg (39.41%), Sodium: 1039.81mg (45.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.67%), Vitamin C: 45.27mg (54.88%), Vitamin K: 54.61µg (52.01%), Vitamin B6: 0.86mg (42.99%), Potassium: 1163.17mg (33.23%), Selenium: 22.67µg

(32.39%), Phosphorus: 292.8mg (29.28%), Vitamin B3: 5.43mg (27.16%), Vitamin B1: 0.36mg (24.27%), Fiber: 5.25g (20.99%), Manganese: 0.39mg (19.72%), Magnesium: 66.56mg (16.64%), Vitamin B2: 0.27mg (15.85%), Copper: 0.29mg (14.71%), Vitamin B5: 1.37mg (13.66%), Iron: 2.42mg (13.45%), Zinc: 1.84mg (12.27%), Folate: 48.75µg (12.19%), Vitamin B12: 0.58µg (9.68%), Vitamin E: 1.35mg (9.01%), Calcium: 60.43mg (6.04%), Vitamin A: 290.52IU (5.81%), Vitamin D: 0.58µg (3.88%)