



WHATSheATE



State Fair Potato Salad



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



335 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 0.5 cup celery chopped
- ☐ 4 teaspoons dijon mustard
- ☐ 0.5 teaspoon pepper black
- ☐ 3 hardboiled eggs peeled chopped
- ☐ 0.8 cup mayonnaise
- ☐ 0.3 cup toppings: such as pickles sweet
- ☐ 0.5 cup onion red chopped

- ☐ 3.5 pounds potatoes – remove skin peeled cut into 3/4-inch pieces
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup pickle sweet chopped

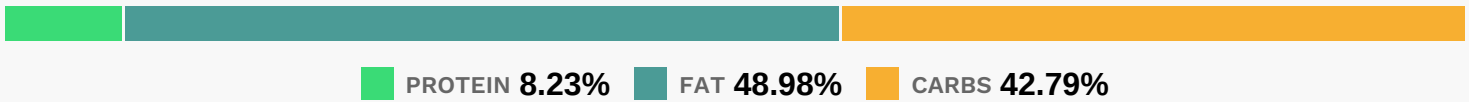
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook potatoes in large pot of boiling salted water until just tender, about 10 minutes.
- ☐ Drain; transfer to large bowl.
- ☐ Drizzle pickle juices over potatoes and toss gently. Cool to room temperature.
- ☐ Whisk mayonnaise, buttermilk, mustard, sugar, and pepper in medium bowl to blend.
- ☐ Pour over potatoes.
- ☐ Add eggs, onion, celery, and pickles and toss gently to blend. Season to taste with salt. (Can be made 8 hours ahead. Chill. Bring to room temperature before serving.)

Nutrition Facts



Properties

Glycemic Index:34.26, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:13.283478405165%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 334.86kcal (16.74%), Fat: 18.48g (28.42%), Saturated Fat: 3.35g (20.96%), Carbohydrates: 36.32g (12.11%), Net Carbohydrates: 32.39g (11.78%), Sugar: 6.23g (6.92%), Cholesterol: 79.86mg (26.62%), Sodium: 315.61mg

(13.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.96%), Vitamin K: 47.46µg (45.2%), Potassium: 995.26mg (28.44%), Vitamin C: 18.17mg (22.03%), Vitamin B6: 0.39mg (19.4%), Phosphorus: 175.96mg (17.6%), Manganese: 0.34mg (17.03%), Fiber: 3.92g (15.7%), Copper: 0.29mg (14.42%), Vitamin B1: 0.2mg (13.01%), Magnesium: 50.83mg (12.71%), Folate: 50.34µg (12.59%), Selenium: 8.55µg (12.22%), Vitamin B3: 2.36mg (11.82%), Vitamin B2: 0.19mg (11.33%), Iron: 1.84mg (10.22%), Vitamin B5: 0.93mg (9.34%), Zinc: 0.98mg (6.54%), Vitamin E: 0.98mg (6.52%), Calcium: 57.6mg (5.76%), Vitamin A: 253.78IU (5.08%), Vitamin B12: 0.28µg (4.66%), Vitamin D: 0.58µg (3.9%)