



Super-Simple Picnic Potato Salad

 Gluten Free  Dairy Free

READY IN



345 min.

SERVINGS



16

CALORIES



105 kcal

SIDE DISH

Ingredients

- 32 oz hash browns diced frozen southern-style
- 0.3 cup water
- 2 tablespoons apple cider vinegar
- 1 tablespoon mustard yellow
- 1.5 teaspoons salt
- 0.3 teaspoon pepper
- 5 eggs
- 1 cup salad dressing

- 0.5 cup celery chopped
- 0.3 cup onion chopped
- 1 serving paprika

Equipment

- bowl
- sauce pan
- plastic wrap
- microwave

Directions

- In ungreased 3-quart microwavable bowl, mix frozen potatoes and water; spread evenly in bowl. Cover tightly with microwavable plastic wrap. Microwave on High 15 to 20 minutes or until potatoes are hot and tender, stirring once halfway through cooking.
- Add vinegar, mustard, salt and pepper to hot potatoes; mix well.
- Spread evenly in bowl. Cover, refrigerate at least 5 hours or until completely cold.
- Meanwhile, in 2-quart saucepan, place eggs in single layer.
- Add enough water to cover eggs by 1 inch.
- Heat to boiling. Immediately remove from heat; cover and let stand 15 minutes.
- Drain; rinse with cold water.
- Place eggs in bowl of ice water; let stand 10 minutes.
- Drain. Peel eggs. Reserve 1 egg for garnish; chop remaining 4 eggs.
- Stir mayonnaise into cold potato mixture.
- Add celery, onion and chopped eggs; toss gently to mix. Spoon mixture into large serving bowl. Slice reserved hard-cooked egg; arrange on top of salad.
- Sprinkle with paprika.
- Serve immediately, or cover and refrigerate until serving time.

Nutrition Facts



■ PROTEIN 11.67% ■ FAT 41.05% ■ CARBS 47.28%

Properties

Glycemic Index:13.06, Glycemic Load:2.97, Inflammation Score:-2, Nutrition Score:4.1313043573628%

Flavonoids

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: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 104.58kcal (5.23%), Fat: 4.82g (7.41%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 11.49g (4.18%), Sugar: 1.85g (2.06%), Cholesterol: 51.15mg (17.05%), Sodium: 409.2mg (17.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin K: 9.37µg (8.92%), Selenium: 5.05µg (7.21%), Vitamin C: 5.06mg (6.13%), Potassium: 212.06mg (6.06%), Phosphorus: 59.41mg (5.94%), Manganese: 0.11mg (5.69%), Vitamin B3: 1.01mg (5.03%), Iron: 0.9mg (4.99%), Vitamin B6: 0.09mg (4.59%), Vitamin B1: 0.07mg (4.52%), Vitamin B2: 0.08mg (4.45%), Vitamin B5: 0.41mg (4.12%), Fiber: 0.99g (3.97%), Copper: 0.07mg (3.71%), Vitamin E: 0.52mg (3.43%), Vitamin A: 156.18IU (3.12%), Folate: 10.63µg (2.66%), Magnesium: 10.16mg (2.54%), Zinc: 0.33mg (2.2%), Vitamin B12: 0.12µg (2.04%), Calcium: 18.7mg (1.87%), Vitamin D: 0.28µg (1.83%)