



## Super-Simple Picnic Potato Salad

 Gluten Free  Dairy Free

READY IN



345 min.

SERVINGS



16

CALORIES



110 kcal

SIDE DISH

### Ingredients

- 0.5 cup celery chopped
- 2 tablespoons apple cider vinegar
- 5 eggs
- 32 oz hash browns diced frozen southern-style
- 0.3 cup onion chopped
- 16 servings paprika
- 0.3 teaspoon pepper
- 1 cup salad dressing

- 1.5 teaspoons salt
- 0.3 cup water
- 1 tablespoon mustard yellow

## 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 11.85% ■ FAT 40.32% ■ CARBS 47.83%

## Properties

Glycemic Index:13.06, Glycemic Load:3.02, Inflammation Score:-6, Nutrition Score:5.8604348172312%

## 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: 109.86kcal (5.49%), Fat: 5.06g (7.78%), Saturated Fat: 1g (6.28%), Carbohydrates: 13.5g (4.5%), Net Carbohydrates: 11.85g (4.31%), Sugar: 2.05g (2.28%), Cholesterol: 51.15mg (17.05%), Sodium: 410.48mg (17.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Vitamin A: 1079.69IU (21.59%), Vitamin K: 10.88µg (10.36%), Selenium: 5.16µg (7.38%), Potassium: 254.81mg (7.28%), Iron: 1.29mg (7.19%), Manganese: 0.14mg (7.18%), Vitamin E: 1.06mg (7.07%), Vitamin B6: 0.13mg (6.6%), Fiber: 1.65g (6.59%), Phosphorus: 65.29mg (6.53%), Vitamin C: 5.07mg (6.15%), Vitamin B3: 1.19mg (5.97%), Vitamin B2: 0.1mg (5.81%), Vitamin B1: 0.07mg (4.94%), Vitamin B5: 0.46mg (4.59%), Copper: 0.09mg (4.38%), Magnesium: 13.5mg (3.38%), Folate: 11.55µg (2.89%), Zinc: 0.41mg (2.74%), Calcium: 22.99mg (2.3%), Vitamin B12: 0.12µg (2.04%), Vitamin D: 0.28µg (1.83%)