



Tater Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

397 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 eggs
- ☐ 1 tablespoon ground turmeric
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons mustard prepared
- ☐ 1 onion chopped
- ☐ 8 potatoes cubed peeled

Equipment

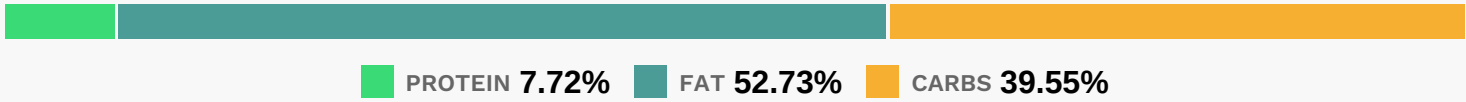
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add potatoes and cook until tender but still firm, about 10 minutes.
- ☐ Drain and set aside.
- ☐ Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water, cool, peel and chop.
- ☐ In a large bowl, whisk together the mayonnaise, mustard, turmeric and onion.
- ☐ Add the still-warm potatoes and stir until evenly coated. Gently mix in the hard-cooked eggs.
- ☐ Serve immediately, or refrigerate and serve cold.

Nutrition Facts



Properties

Glycemic Index:24.72, Glycemic Load:27.63, Inflammation Score:-10, Nutrition Score:15.962608534357%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 396.76kcal (19.84%), Fat: 23.45g (36.08%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 39.58g (13.19%), Net Carbohydrates: 34.31g (12.48%), Sugar: 2.57g (2.85%), Cholesterol: 93.6mg (31.2%), Sodium: 263.95mg (11.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.45%), Vitamin C: 43.22mg (52.39%), Vitamin K: 49.98µg (47.6%), Vitamin B6: 0.7mg (35.14%), Potassium: 980.48mg (28.01%), Manganese: 0.44mg (21.8%), Fiber: 5.27g (21.06%), Phosphorus: 181.23mg (18.12%), Iron: 2.56mg (14.2%), Magnesium: 56.77mg (14.19%), Selenium: 9.42µg (13.46%), Copper: 0.26mg (13.23%), Vitamin B1: 0.2mg (13.12%), Folate: 49.04µg (12.26%), Vitamin B3: 2.34mg (11.72%), Vitamin B2: 0.18mg (10.72%), Vitamin B5: 1.04mg (10.44%), Vitamin E: 1.21mg (8.09%),

Zinc: 1.03mg (6.86%), Calcium: 47.25mg (4.72%), Vitamin B12: 0.23µg (3.82%), Vitamin D: 0.5µg (3.31%), Vitamin A: 144.2IU (2.88%)