



## The Lady's Warm Potato Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



233 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup bell pepper chopped
- ☐ 1 cup celery chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 3 hardboiled eggs chopped
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 0.3 cup green onion tops chopped
- ☐ 1 teaspoon lemon-pepper seasoning
- ☐ 0.3 cup mayonnaise

- ☐ 0.3 cup pimento    diced
- ☐ 8 medium potatoes    red
- ☐ 2 tablespoons seasoning salt    mixed (recommended: Jane's Krazy up salt)
- ☐ 1 cup cup heavy whipping cream    sour

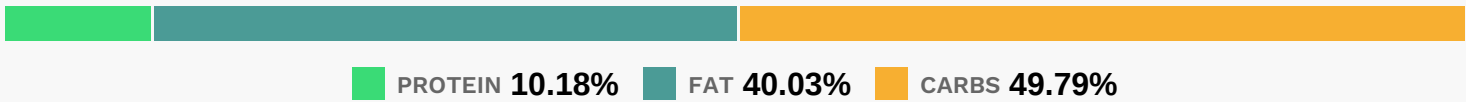
## Equipment

- ☐ bowl
- ☐ pot

## Directions

- ☐ In a large pot, boil the potatoes with the skins on for 10 to 15 minutes until tender.
- ☐ Let the potatoes cool just to the touch and cut into cubes.
- ☐ In a large bowl, combine the remaining ingredients.
- ☐ Add the potatoes and mix gently.
- ☐ Serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:28.7, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:13.015652158986%

## Flavonoids

Apigenin: 3.52mg, Apigenin: 3.52mg, Apigenin: 3.52mg, Apigenin: 3.52mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## Nutrients (% of daily need)

Calories: 232.63kcal (11.63%), Fat: 10.6g (16.31%), Saturated Fat: 3.55g (22.16%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 26.19g (9.52%), Sugar: 3.73g (4.14%), Cholesterol: 71.87mg (23.96%), Sodium: 1514.07mg (65.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Vitamin K: 48.22µg (45.92%), Vitamin C: 27.41mg (33.22%), Potassium: 887.88mg (25.37%), Vitamin B6: 0.35mg (17.66%), Phosphorus: 156.53mg

(15.65%), Manganese: 0.31mg (15.39%), Fiber: 3.48g (13.91%), Vitamin A: 679.72IU (13.59%), Copper: 0.25mg (12.58%), Folate: 48.64µg (12.16%), Magnesium: 45.59mg (11.4%), Vitamin B2: 0.19mg (10.98%), Vitamin B1: 0.16mg (10.93%), Vitamin B3: 2.14mg (10.69%), Selenium: 7.05µg (10.06%), Iron: 1.77mg (9.84%), Vitamin B5: 0.82mg (8.24%), Calcium: 59.42mg (5.94%), Zinc: 0.88mg (5.86%), Vitamin E: 0.6mg (4.01%), Vitamin B12: 0.22µg (3.69%), Vitamin D: 0.34µg (2.27%)