



The Son's Potato Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



278 kcal

SIDE DISH

Ingredients

- ☐ 1 cup celery chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 0.3 cup green onion tops chopped
- ☐ 2 hardboiled eggs chopped
- ☐ 0.5 juice of lemon
- ☐ 1 teaspoon lemon pepper seasoning
- ☐ 1 teaspoon lemon zest

- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 cup peas frozen cooked
- ☐ 0.3 cup pimento pepper diced
- ☐ 0.3 cup bell pepper red chopped
- ☐ 6 medium potatoes red unpeeled
- ☐ 1 teaspoon salt

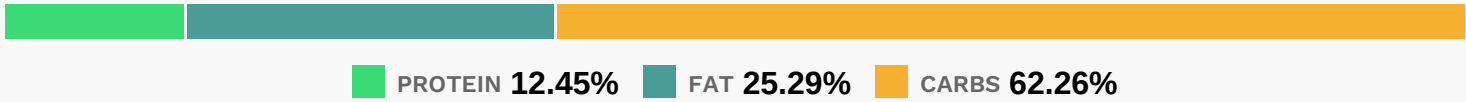
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place the potatoes in a pot and cover with cold water. Bring to a boil and cook until tender, 10 to 15 minutes.
- ☐ Let cool just to the touch, and then cut into bite-size cubes.
- ☐ Mix together the mayonnaise, Dijon, lemon pepper seasoning, lemon zest and lemon juice in a large bowl.
- ☐ Mix together the celery, peas, parsley, pimento, bell pepper and eggs in a separate bowl.
- ☐ Add in the dressing and potatoes, stir together, and top with green onions and salt.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:53.06, Glycemic Load:2, Inflammation Score:-8, Nutrition Score:23.009130446807%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,

Naringenin: 0.03mg Apigenin: 5.87mg, Apigenin: 5.87mg, Apigenin: 5.87mg, Apigenin: 5.87mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 278.06kcal (13.9%), Fat: 8.22g (12.65%), Saturated Fat: 2.61g (16.31%), Carbohydrates: 45.53g (15.18%), Net Carbohydrates: 37.79g (13.74%), Sugar: 4.51g (5.01%), Cholesterol: 70.83mg (23.61%), Sodium: 565.6mg (24.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.21%), Manganese: 1.71mg (85.57%), Vitamin K: 88.55µg (84.33%), Vitamin C: 37.32mg (45.23%), Potassium: 1289.55mg (36.84%), Fiber: 7.74g (30.95%), Vitamin B6: 0.48mg (23.85%), Copper: 0.47mg (23.36%), Phosphorus: 216.62mg (21.66%), Magnesium: 79.19mg (19.8%), Folate: 73.88µg (18.47%), Iron: 3.31mg (18.38%), Vitamin B1: 0.26mg (17.09%), Vitamin A: 841.63IU (16.83%), Vitamin B3: 3.04mg (15.21%), Vitamin B2: 0.23mg (13.78%), Selenium: 9.42µg (13.46%), Calcium: 122.8mg (12.28%), Vitamin B5: 1.08mg (10.84%), Zinc: 1.37mg (9.12%), Vitamin E: 0.73mg (4.88%), Vitamin B12: 0.27µg (4.52%), Vitamin D: 0.41µg (2.76%)