



Traditional Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



20

CALORIES



99 kcal

SIDE DISH

Ingredients

- 1 stalk celery sliced
- 3 hard-cooked eggs divided
- 0.8 cup real mayo mayonnaise kraft
- 1 tsp heinz mustard yellow
- 0.3 cup onions chopped
- 0.5 cup peas frozen thawed
- 0.3 tsp pepper
- 1.5 lb potatoes cubed cooked

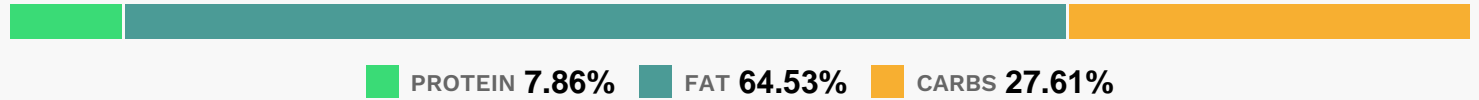
Equipment

bowl

Directions

- Cut 1 egg crosswise in half; reserve 1 half for garnish. Chop remaining eggs.
- Mix mayo and mustard in large bowl.
- Add potatoes, chopped eggs, celery, peas, onions and pepper; mix lightly.
- Cut reserved egg half into thin slices; arrange on top of salad. Cover.
- Refrigerate 3 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:15.05, Glycemic Load:4.57, Inflammation Score:-1, Nutrition Score:3.6204348284265%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 99.17kcal (4.96%), Fat: 7.14g (10.98%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 5.83g (2.12%), Sugar: 0.72g (0.8%), Cholesterol: 31.5mg (10.5%), Sodium: 69.3mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.91%), Vitamin K: 15.9µg (15.14%), Vitamin C: 8.36mg (10.14%), Vitamin B6: 0.12mg (6.02%), Potassium: 172.02mg (4.91%), Fiber: 1.04g (4.15%), Selenium: 2.77µg (3.96%), Phosphorus: 39.34mg (3.93%), Manganese: 0.08mg (3.92%), Vitamin B2: 0.06mg (3.39%), Folate: 12.64µg (3.16%), Vitamin B1: 0.04mg (2.97%), Magnesium: 10.44mg (2.61%), Vitamin E: 0.37mg (2.45%), Iron: 0.44mg (2.45%), Copper: 0.05mg (2.38%), Vitamin B5: 0.23mg (2.32%), Vitamin B3: 0.45mg (2.25%), Vitamin A: 82.21IU (1.64%), Zinc: 0.24mg (1.62%), Vitamin B12: 0.09µg (1.56%), Vitamin D: 0.18µg (1.21%), Calcium: 10.94mg (1.09%)