



World's Best Potato Salad



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



693 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup celery chopped
- ☐ 1 teaspoon cornstarch
- ☐ 2 eggs beaten
- ☐ 5 ounce evaporated milk canned
- ☐ 6 hard-cooked eggs diced
- ☐ 1 cup mayonnaise
- ☐ 1 small onion finely chopped

- ☐ 6 medium potatoes
- ☐ 6 servings salt to taste
- ☐ 0.5 cup vinegar
- ☐ 0.5 cup sugar white
- ☐ 1 teaspoon mustard yellow prepared

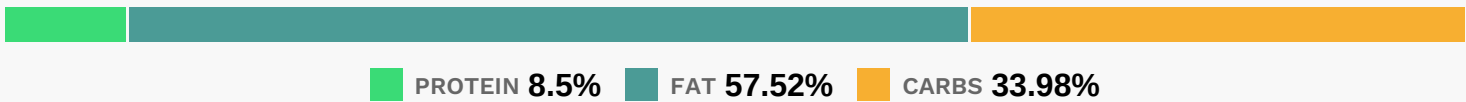
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Place the potatoes into a large pot, and fill with enough water to cover. Bring to a boil, and cook for about 20 minutes, or until easily pierced with a fork.
- ☐ Drain. Cool, peel and dice.
- ☐ Transfer to a large bowl, and toss with the onion, celery, 1 teaspoon of salt, and hard-cooked eggs.
- ☐ While the potatoes are cooking, whisk together 2 eggs, sugar, cornstarch, and salt in a saucepan. Stir in the vinegar, milk, and mustard. Cook over medium heat, stirring frequently, until thickened, about 10 minutes.
- ☐ Remove from heat, and stir in the butter. Refrigerate until cool, then stir in the mayonnaise.
- ☐ Stir the dressing into the bowl of potato salad gently until evenly coated. Chill several hours or overnight before serving for best flavor.

Nutrition Facts



Properties

Glycemic Index:65.81, Glycemic Load:39.31, Inflammation Score:-7, Nutrition Score:22.177826176519%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 692.85kcal (34.64%), Fat: 44.4g (68.3%), Saturated Fat: 12.48g (77.98%), Carbohydrates: 59.01g (19.67%), Net Carbohydrates: 53.82g (19.57%), Sugar: 22.24g (24.71%), Cholesterol: 283.93mg (94.64%), Sodium: 636.04mg (27.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.54%), Vitamin K: 70.89µg (67.51%), Vitamin C: 43.8mg (53.09%), Vitamin B6: 0.76mg (37.79%), Selenium: 22.66µg (32.38%), Potassium: 1124.15mg (32.12%), Phosphorus: 303.73mg (30.37%), Vitamin B2: 0.49mg (29.01%), Fiber: 5.19g (20.77%), Manganese: 0.4mg (19.8%), Folate: 75.35µg (18.84%), Vitamin B5: 1.84mg (18.38%), Magnesium: 65.63mg (16.41%), Vitamin B1: 0.24mg (15.67%), Iron: 2.73mg (15.15%), Vitamin E: 2.22mg (14.82%), Vitamin A: 736.96IU (14.74%), Calcium: 137.2mg (13.72%), Copper: 0.27mg (13.59%), Vitamin B12: 0.78µg (13.07%), Vitamin B3: 2.41mg (12.05%), Zinc: 1.63mg (10.87%), Vitamin D: 1.49µg (9.94%)