

Microwave Potato Salad

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Yield: 7 cups

*7 cups (2.5 pounds) red potatoes,
cubed
1/3 cup cold water
3/4 cup Miracle Whip®
1/4 cup milk
3/4 cup (3 ounces) Cheddar cheese,
shredded
3/4 cup (3 ounces) Swiss cheese,
shredded
1/2 cup green onions, sliced
2 hard-cooked eggs, chopped
1/2 teaspoon salt
1/2 teaspoon pepper*

Preparation Time: 20 minutes

Cook Time: 18 minutes

Place the potatoes and water in a three-quart casserole. Cover.

Microwave on HIGH for 16 to 18 minutes or until tender, stirring after 9 minutes. Drain.

Add the Miracle Whip, milk, Cheddar, Swiss, onions, eggs, salt and pepper. Mix well.

Chill.

Per Serving (excluding unknown items): 2128 Calories; 149g Fat (62.3% calories from fat); 72g Protein; 130g Carbohydrate; 10g Dietary Fiber; 659mg Cholesterol; 3150mg Sodium. Exchanges: 6 Grain(Starch); 7 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 24 1/2 Fat; 1 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	2128	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	62.3%	Vitamin B12 (mcg):	3.4mcg
% Calories from Carbohydrates:	24.3%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	13.4%	Riboflavin B2 (mg):	1.4mg
Total Fat (g):	149g	Folacin (mcg):	166mcg
Saturated Fat (g):	50g	Niacin (mg):	8mg
Monounsaturated Fat (g):	19g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	659mg	% Daily Value*	0 0%
Carbohydrate (g):	130g		

Food Exchanges

Dietary Fiber (g): 10g
 Protein (g): 72g
 Sodium (mg): 3150mg
 Potassium (mg): 3393mg
 Calcium (mg): 1638mg
 Iron (mg): 7mg
 Zinc (mg): 9mg
 Vitamin C (mg): 113mg
 Vitamin A (i.u.): 2443IU
 Vitamin A (r.e.): 696 1/2RE

Grain (Starch): 6
 Lean Meat: 7 1/2
 Vegetable: 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 24 1/2
 Other Carbohydrates: 1 1/2

Nutrition Facts

Amount Per Serving

Calories 2128 **Calories from Fat:** 1327

% Daily Values*

Total Fat 149g 229%
 Saturated Fat 50g 248%
Cholesterol 659mg 220%
Sodium 3150mg 131%
Total Carbohydrates 130g 43%
 Dietary Fiber 10g 40%
Protein 72g

Vitamin A 49%
Vitamin C 189%
Calcium 164%
Iron 39%

* Percent Daily Values are based on a 2000 calorie diet.