

My Favorite Southern Potato Salad

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2 pounds potatoes, peeled and diced
7 hard-boiled eggs, chopped
1 cup mayonnaise
1 teaspoon yellow mustard
4 tablespoons sweet pickle relish
salt (to taste)
pepper (to taste)

Place the eggs in a pan. Cover with cold water. When the water starts to boil, reduce the heat to low. Simmer, uncovered, for 1 minute. Remove from the heat. Cover. Let stand for 20 minutes.

Peel and dice the potatoes into about one-inch pieces. Place in a saucepan.

Cover them with water. Bring to a boil for about 15 minutes or until tender. Drain in a colander.

Let the potatoes cool before mixing so they won't crumble. (You may chill them in the refrigerator for one hour, if desired.)

In a separate bowl, mix the mayonnaise, mustard, relish, salt and pepper.

Add the potatoes. Mix gently.

Per Serving (excluding unknown items): 2920 Calories; 225g Fat (66.6% calories from fat); 66g Protein; 189g Carbohydrate; 16g Dietary Fiber; 1561mg Cholesterol; 2296mg Sodium. Exchanges: 11 Grain(Starch); 6 1/2 Lean Meat; 19 1/2 Fat; 1 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	2920
% Calories from Fat:	66.6%
% Calories from Carbohydrates:	24.8%
% Calories from Protein:	8.6%
Total Fat (g):	225g

Vitamin B6 (mg):	4.0mg
Vitamin B12 (mcg):	4.4mcg
Thiamin B1 (mg):	1.0mg
Riboflavin B2 (mg):	2.1mg
Folacin (mcg):	288mcg

Saturated Fat (g): 38g
Monounsaturated Fat (g): 64g
Polyunsaturated Fat (g): 96g
Cholesterol (mg): 1561mg
Carbohydrate (g): 189g
Dietary Fiber (g): 16g
Protein (g): 66g
Sodium (mg): 2296mg
Potassium (mg): 5468mg
Calcium (mg): 284mg
Iron (mg): 13mg
Zinc (mg): 8mg
Vitamin C (mg): 179mg
Vitamin A (i.u.): 2671IU
Vitamin A (r.e.): 720 1/2RE

Niacin (mg): 14mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 11
Lean Meat: 6 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 19 1/2
Other Carbohydrates: 1 1/2

Nutrition Facts

Amount Per Serving

Calories 2920 **Calories from Fat:** 1944

% Daily Values*

Total Fat	225g	347%
Saturated Fat	38g	188%
Cholesterol	1561mg	520%
Sodium	2296mg	96%
Total Carbohydrates	189g	63%
Dietary Fiber	16g	65%
Protein	66g	
Vitamin A		53%
Vitamin C		299%
Calcium		28%
Iron		71%

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