

Best Traditional Idaho Potato Salad

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2 1/2 finely chopped potatoes (5 large and 8-9 medium)
8 hard-boiled eggs, peeled
1 medium (1/2 cup) onion
3 (about 2/3 cup) dill pickle spears, chopped
1/2 cup mayonnaise
1/2 cup Miracle Whip salad dressing
3 tablespoons dill pickle liquid
2 tablespoons prepared yellow mustard
1/4 teaspoon garlic salt
1/4 teaspoon freshly ground black pepper

Scrub the potatoes well, but do not peel. Place the potatoes in a stockpot and add water to cover. Bring to a boil over high heat. Reduce the heat to medium high. Cook for 12 to 15 minutes or until a knife can easily pierce the potatoes but they remain firm. Pour off the hot water. Add cold water to the pot to help cool down the potatoes. Set the potatoes aside while preparing the remaining ingredients.

Roughly chop six of the eggs, reserving two for garnish. Add the chopped egg to a large mixing bowl. Add the onion and chopped pickles to the bowl.

In a small mixing bowl, using a whisk, combine the mayonnaise, Miracle Whip, dill pickle liquid, yellow mustard, salt and pepper. Whisk well to combine. Set aside.

Remove the cooled potatoes from the pot of water. With a paring knife, remove the potato peels (they will come off easily). Cut the potatoes into small cubes. Add to the other ingredients in the mixing bowl. With a wooden spoon, gently toss the salad ingredients to mix. Add the dressing mixture and gently toss again to coat all ingredients well.

Transfer the potato salad to a serving bowl. Slice the remaining two eggs into thin slices and arrange them around the salad to garnish.

Cover and refrigerate at least three hours before serving (preferably overnight) to let the flavors combine.

Per Serving (excluding unknown items): 1469 Calories; 136g Fat (81.1% calories from fat); 53g Protein; 18g Carbohydrate; 3g Dietary Fiber; 1735mg Cholesterol; 2791mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 2 1/2 Vegetable; 12 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	1469
% Calories from Fat:	81.1%
% Calories from Carbohydrates:	4.8%
% Calories from Protein:	14.1%
Total Fat (g):	136g
Saturated Fat (g):	26g
Monounsaturated Fat (g):	41g
Polyunsaturated Fat (g):	51g
Cholesterol (mg):	1735mg
Carbohydrate (g):	18g
Dietary Fiber (g):	3g
Protein (g):	53g
Sodium (mg):	2791mg
Potassium (mg):	825mg
Calcium (mg):	252mg
Iron (mg):	6mg
Zinc (mg):	5mg
Vitamin C (mg):	9mg
Vitamin A (i.u.):	4407IU
Vitamin A (r.e.):	919RE

Vitamin B6 (mg):	1.2mg
Vitamin B12 (mcg):	4.7mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	2.0mg
Folacin (mcg):	206mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	7
Vegetable:	2 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	12
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1469 Calories from Fat: 1191

% Daily Values*

Total Fat	136g	210%
Saturated Fat	26g	130%
Cholesterol	1735mg	578%
Sodium	2791mg	116%
Total Carbohydrates	18g	6%
Dietary Fiber	3g	14%
Protein	53g	

Vitamin A	88%
Vitamin C	15%
Calcium	25%
Iron	34%

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