

Creamy Potato Egg Salad

Wholesome Patisserie
www.WholesomePatisserie.com

Servings: 3

6 eggs, room temperature
5 small white potatoes, washed and peeled
1/2 onion, diced
2 large stalks celery, diced
3 stalks spring onion, diced
2 medium carrots, diced
3 tablespoons mayonnaise
2 teaspoons Dijon mustard
handful fresh flat-leaf parsley, roughly chopped

Preparation Time: 15 minutes

Cook Time: 15 minutes

Fill a medium-sized pot halfway with filtered water. Place the eggs into the pot. Bring to a boil. Keep the lid on. Remove the lid and boil on high for 4 minutes. Turn off the heat. Remove the eggs with a spoon. Set aside in a bowl to cool. Drain off the water. Once cooled, peel and remove the shell. Set the eggs aside in a small bowl.

In the same pot, fill it halfway with filtered water. Bring to a boil. Cut the potatoes into quarters. Cut the quarters into 1/2-inch pieces. Add the potatoes to the pot. Boil, uncovered, for 5 to 10 minutes or until just tender, ensuring not to overcook. Once tender, drain the water and potatoes into a strainer or fine sieve. Set aside to cool.

Dice the onion, celery, spring onion and carrots. Set aside.

In a large mixing bowl, add the eggs. Break them up using a fork or masher, leaving some large pieces.

Add the vegetables. Stir until well combined. Mix in the potatoes until well combined. Add the mayonnaise and mustard. Mix well. Stir in the parsley.

Serve and enjoy or store in the refrigerator in an airtight container until ready to serve.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 446 Calories; 22g Fat (43.6% calories from fat); 18g Protein; 46g Carbohydrate; 6g Dietary Fiber; 429mg Cholesterol; 315mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	446
% Calories from Fat:	43.6%
% Calories from Carbohydrates:	40.4%
% Calories from Protein:	16.0%
Total Fat (g):	22g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	7g
Cholesterol (mg):	429mg
Carbohydrate (g):	46g
Dietary Fiber (g):	6g
Protein (g):	18g
Sodium (mg):	315mg
Potassium (mg):	1549mg
Calcium (mg):	110mg
Iron (mg):	4mg
Zinc (mg):	2mg
Vitamin C (mg):	50mg
Vitamin A (i.u.):	14122IU
Vitamin A (r.e.):	1507RE

Vitamin B6 (mg):	.8mg
Vitamin B12 (mcg):	1.3mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	103mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 3

Amount Per Serving

Calories 446 Calories from Fat: 195

% Daily Values*

Total Fat	22g	34%
Saturated Fat	5g	24%
Cholesterol	429mg	143%
Sodium	315mg	13%
Total Carbohydrates	46g	15%
Dietary Fiber	6g	24%
Protein	18g	

Vitamin A	282%
Vitamin C	84%
Calcium	11%
Iron	23%

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