

Great American Potato Salad

Easy Summer Entertaining
Kraft General Foods, Inc.

Yield: 10 cups

1 1/2 cups Miracle Whip®
2 teaspoons prepared mustard
1 teaspoon salt
1/2 teaspoon celery seed
1/4 teaspoon pepper
8 cups (3 pounds) cooked potatoes,
cubed
1 cup onion, chopped
1 cup sweet pickle, chopped
1 cup celery, sliced
1 cup radishes, chopped
3 hard-cooked eggs, chopped

Preparation Time: 25 minutes

In a three-quart casserole, mix together the salad dressing, mustard, salt, celery seed and pepper until well blended.

Add the potatoes, onion, pickle, celery, radishes and eggs. Mix well.

Chill.

Microwave tip: To cook the potatoes, place the raw potato cubes and 1/3 cup of cold water in a three-quart casserole. Cover. Microwave on HIGH for 8 to 12 minutes or until tender, stirring after 6 minutes. Drain.

Per Serving (excluding unknown items): 2226 Calories; 186g Fat (73.6% calories from fat); 23g Protein; 126g Carbohydrate; 9g Dietary Fiber; 756mg Cholesterol; 6428mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 4 Vegetable; 35 Fat; 6 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	2226
% Calories from Fat:	73.6%
% Calories from Carbohydrates:	22.2%
% Calories from Protein:	4.1%
Total Fat (g):	186g
Saturated Fat (g):	29g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	756mg
Carbohydrate (g):	126g
Dietary Fiber (g):	9g

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	1.7mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	165mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
-----------------	---

Protein (g): 23g
Sodium (mg): 6428mg
Potassium (mg): 1151mg
Calcium (mg): 231mg
Iron (mg): 5mg
Zinc (mg): 3mg
Vitamin C (mg): 48mg
Vitamin A (i.u.): 1222IU
Vitamin A (r.e.): 290 1/2RE

Lean Meat: 3
Vegetable: 4
Fruit: 0
Non-Fat Milk: 0
Fat: 35
Other Carbohydrates: 6 1/2

Nutrition Facts

Amount Per Serving

Calories 2226	Calories from Fat: 1639
----------------------	-------------------------

% Daily Values*

Total Fat 186g	286%
Saturated Fat 29g	145%
Cholesterol 756mg	252%
Sodium 6428mg	268%
Total Carbohydrates 126g	42%
Dietary Fiber 9g	36%
Protein 23g	
Vitamin A	24%
Vitamin C	80%
Calcium	23%
Iron	26%

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