



Baked Potato Salad with Blue Cheese

 Vegetarian  Gluten Free

READY IN



31 min.

SERVINGS



14

CALORIES



81 kcal

SIDE DISH

Ingredients

- 36 ounce baking potatoes
- 0.3 cup cheese blue crumbled
- 0.5 cup celery chopped (1 large rib)
- 2 teaspoons cider vinegar
- 0.5 cup green onions sliced (2 large)
- 0.5 teaspoon ground pepper
- 0.5 cup cup heavy whipping cream sour reduced-fat
- 0.3 cup nonfat buttermilk

0.3 teaspoon salt

Equipment

bowl

paper towels

oven

microwave

Directions

Scrub potatoes; pierce with a fork, and arrange in a circle on a paper towel in microwave oven. Microwave at HIGH 18 minutes, turning and rearranging potatoes halfway through cooking time. Cover and let stand 5 minutes.

Let cool slightly.

Cut unpeeled potatoes into 1/2-inch cubes.

Combine sour cream and next 4 ingredients in a large bowl, stirring until smooth.

Add potato, green onions, celery, and blue cheese; toss gently to combine. Cover and chill at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:17.7, Glycemic Load:10.46, Inflammation Score:-2, Nutrition Score:4.2482608453087%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 80.85kcal (4.04%), Fat: 1.64g (2.52%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 14.46g (4.82%), Net Carbohydrates: 13.35g (4.85%), Sugar: 0.83g (0.92%), Cholesterol: 4.77mg (1.59%), Sodium: 87.11mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin B6: 0.26mg (13.11%), Potassium:

348.29mg (9.95%), Vitamin K: 9.98µg (9.5%), Manganese: 0.14mg (6.75%), Vitamin C: 5.06mg (6.14%), Phosphorus: 57.61mg (5.76%), Magnesium: 19.41mg (4.85%), Fiber: 1.12g (4.47%), Vitamin B1: 0.07mg (4.44%), Copper: 0.08mg (4.13%), Vitamin B3: 0.82mg (4.08%), Iron: 0.71mg (3.94%), Folate: 15.57µg (3.89%), Calcium: 38.74mg (3.87%), Vitamin B2: 0.05mg (2.83%), Vitamin B5: 0.27mg (2.74%), Zinc: 0.34mg (2.24%), Vitamin A: 98.26IU (1.97%), Selenium: 0.94µg (1.34%), Vitamin B12: 0.06µg (1.07%)