



## Baked Potato Salad with Dill

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



242 kcal

SIDE DISH

### Ingredients

- 4 baking potatoes
- 4 celery thinly sliced
- 0.3 teaspoon curry powder
- 4 ounces bean sprouts fresh
- 3 tablespoons optional: dill fresh chopped
- 2 tablespoons parsley fresh chopped
- 2 tablespoons juice of lemon
- 0.3 cup mayonnaise

- 4 teaspoons mustard dijon-style prepared
- 4 radishes sliced
- 0.3 cup walnut pieces coarsely chopped

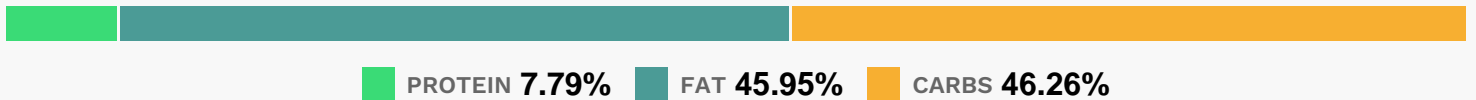
## Equipment

- bowl
- oven
- whisk

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Pierce the potatoes with a fork, and bake in the preheated oven for about an hour, or until tender.
- Remove from oven, let cool, and then chill until cold.
- Peel and cube the potatoes, and then add to a large bowl along with the bean sprouts, walnuts, celery, radishes, dill weed and parsley.
- Whisk together the mayonnaise, lemon juice, mustard and curry powder.
- Pour dressing over potato mixture; toss to coat. Cover and refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:50.46, Glycemic Load:20.44, Inflammation Score:-5, Nutrition Score:12.05826097662%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 3.63mg, Apigenin: 3.63mg, Apigenin: 3.63mg, Apigenin: 3.63mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 242.48kcal (12.12%), Fat: 12.83g (19.74%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 25.86g (9.4%), Sugar: 2.45g (2.73%), Cholesterol: 5.23mg (1.74%), Sodium: 147.36mg (6.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Vitamin K: 59.06µg (56.24%), Vitamin B6: 0.56mg (28.12%), Manganese: 0.48mg (23.89%), Potassium: 740.13mg (21.15%), Vitamin C: 15.77mg (19.12%), Copper: 0.27mg (13.7%), Fiber: 3.22g (12.87%), Folate: 50.76µg (12.69%), Magnesium: 50.54mg (12.64%), Phosphorus: 119.92mg (11.99%), Vitamin B1: 0.17mg (11.01%), Iron: 1.8mg (10.01%), Vitamin B3: 1.8mg (9.02%), Vitamin B5: 0.64mg (6.41%), Vitamin B2: 0.1mg (5.96%), Vitamin A: 265.62IU (5.31%), Zinc: 0.74mg (4.96%), Calcium: 43.08mg (4.31%), Vitamin E: 0.59mg (3.97%), Selenium: 2.48µg (3.55%)