



Blue Cheese-and-Green Onion Potato Salad



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 0.5 cup cheese dressing refrigerated blue
- ☐ 0.3 cup green onions sliced
- ☐ 3 pounds new potatoes quartered
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2 teaspoons salt divided
- ☐ 8 oz cup heavy whipping cream sour

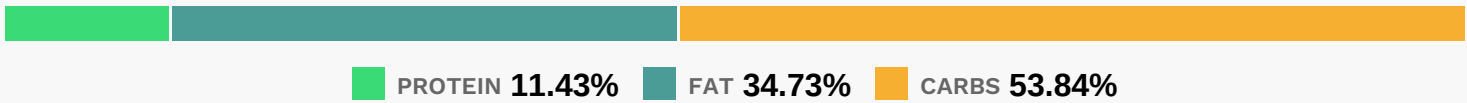
Equipment

☐ bowl

Directions

- ☐ Bring potatoes, 1 tsp. salt, and water to cover to a boil. Cook 10 to 15 minutes or just until tender; drain.
- ☐ Stir together green onions, next 3 ingredients, and remaining salt in a large bowl; add potatoes and crumbled blue cheese, stirring gently to coat.
- ☐ Serve immediately, or cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:21.84, Glycemic Load:21.89, Inflammation Score:-5, Nutrition Score:11.188695571993%

Flavonoids

Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 233.7kcal (11.68%), Fat: 9.19g (14.14%), Saturated Fat: 4.88g (30.52%), Carbohydrates: 32.06g (10.69%), Net Carbohydrates: 28.17g (10.24%), Sugar: 2.87g (3.18%), Cholesterol: 23.21mg (7.74%), Sodium: 841.87mg (36.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.61%), Vitamin C: 34.59mg (41.93%), Vitamin B6: 0.53mg (26.67%), Potassium: 787.19mg (22.49%), Phosphorus: 165.6mg (16.56%), Fiber: 3.88g (15.53%), Manganese: 0.29mg (14.41%), Vitamin K: 13.52µg (12.87%), Magnesium: 46.03mg (11.51%), Calcium: 111.14mg (11.11%), Vitamin B1: 0.15mg (9.98%), Copper: 0.2mg (9.96%), Vitamin B3: 1.94mg (9.68%), Vitamin B2: 0.15mg (9.01%), Folate: 35.1µg (8.78%), Iron: 1.53mg (8.49%), Vitamin B5: 0.75mg (7.5%), Zinc: 0.87mg (5.79%), Vitamin A: 287.08IU (5.74%), Selenium: 3.06µg (4.37%), Vitamin B12: 0.2µg (3.29%), Vitamin E: 0.21mg (1.39%)