



Blue Cheese Potato Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



530 kcal

SIDE DISH

Ingredients

- 10 servings almonds
- 0.5 cup cheese blue crumbled
- 5 stalks celery chopped
- 0.5 cup optional: dill fresh chopped
- 1 bunch spring onion chopped
- 2 teaspoons juice of lemon
- 1 cup mayonnaise
- 3 pounds baby potatoes quartered

- 10 servings bell pepper to taste
- 1 teaspoon salt
- 10 servings slivered almonds toasted
- 1 cup cream sour

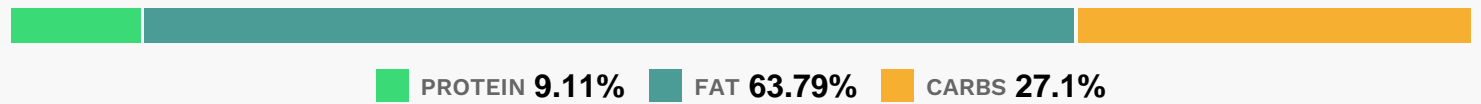
Equipment

- bowl
- sauce pan

Directions

- Cover potatoes with water in a saucepan; bring to a boil. Simmer until tender; drain and cool.
- Blend together mayonnaise, sour cream and lemon juice in a large bowl.
- Add green onions, celery and dill; fold in blue cheese and potatoes.
- Add salt and pepper to taste; chill overnight. If desired, garnish with almonds at serving time.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:18.87, Inflammation Score:-10, Nutrition Score:29.191304269044%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 530.13kcal (26.51%), Fat: 39.04g (60.06%), Saturated Fat: 7.47g (46.71%), Carbohydrates: 37.32g (12.44%), Net Carbohydrates: 28.45g (10.34%), Sugar: 6.83g (7.59%), Cholesterol: 28.04mg (9.35%), Sodium: 488.83mg (21.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.55g (25.09%), Vitamin C: 125.83mg (152.52%), Vitamin E: 10.03mg (66.9%), Vitamin A: 2840.14IU (56.8%), Manganese: 1.06mg (52.98%), Vitamin K: 54.08µg (51.51%), Fiber: 8.87g (35.47%), Vitamin B6: 0.7mg (35.21%), Magnesium: 132.05mg (33.01%), Vitamin B2: 0.55mg (32.32%), Potassium: 1084.87mg (31%), Phosphorus: 301.67mg (30.17%), Copper: 0.5mg (25.14%), Folate: 87.07µg (21.77%), Calcium: 180.42mg (18.04%), Vitamin B3: 3.49mg (17.45%), Iron: 2.85mg (15.83%), Vitamin B1: 0.23mg (15.24%), Zinc: 1.89mg (12.63%), Vitamin B5: 1.08mg (10.79%), Selenium: 4.19µg (5.99%), Vitamin B12: 0.16µg (2.63%)