



Chunky Potato Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup celery diced
- ☐ 1 cup cucumber diced
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 0.1 teaspoon pepper

- ☐ 4 cups potatoes red cubed
- ☐ 1 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 2 tablespoons relish sweet

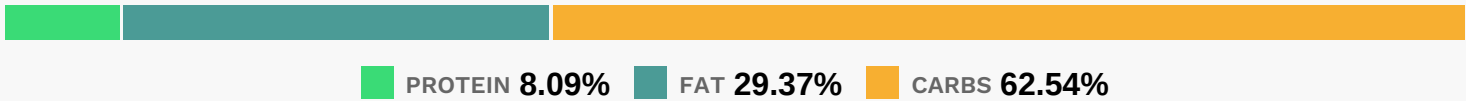
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a medium bowl; stir with a whisk.
- ☐ Place potato and water to cover in a medium saucepan; bring to a boil. Reduce heat, and simmer, partially covered, 8 minutes or until tender; drain and cool slightly.
- ☐ Add cucumber and remaining 4 ingredients to potato.
- ☐ Add mayonnaise mixture, and stir gently.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:4.4560868947402%

Flavonoids

Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 52.76kcal (2.64%), Fat: 1.78g (2.74%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 7.65g (2.78%), Sugar: 1.91g (2.12%), Cholesterol: 1.88mg (0.63%), Sodium: 346.05mg (15.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Vitamin K: 43.87µg (41.78%), Vitamin C: 5.92mg

(7.18%), Potassium: 201.08mg (5.75%), Vitamin A: 287.4IU (5.75%), Manganese: 0.08mg (3.93%), Folate: 15.11µg (3.78%), Fiber: 0.89g (3.56%), Vitamin B6: 0.07mg (3.42%), Phosphorus: 34.15mg (3.41%), Copper: 0.06mg (3.24%), Magnesium: 11.91mg (2.98%), Iron: 0.47mg (2.6%), Vitamin B1: 0.04mg (2.5%), Calcium: 23.11mg (2.31%), Vitamin B3: 0.42mg (2.12%), Vitamin B2: 0.03mg (1.94%), Vitamin E: 0.24mg (1.59%), Vitamin B5: 0.14mg (1.44%), Zinc: 0.21mg (1.43%), Selenium: 0.98µg (1.4%)