



Creamy Buttermilk-Herb Potato Salad

 Vegetarian  Gluten Free

READY IN



57 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup crème fraîche sour
- 0.3 cup nonfat buttermilk fat-free
- 2 tablespoons chives fresh chopped
- 1 tablespoon optional: dill fresh chopped
- 0.3 cup parsley fresh chopped
- 1 large garlic clove minced
- 1.3 teaspoons kosher salt

3 pounds potatoes – remove skin red quartered

Equipment

bowl

whisk

dutch oven

Directions

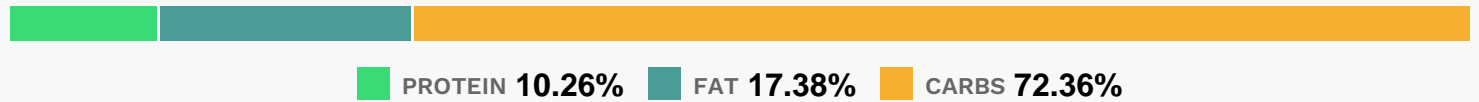
Place potatoes in a Dutch oven, and cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until just tender; drain. Cool for 30 minutes.

Combine crme frache and remaining ingredients in a large bowl; stir with a whisk.

Add warm potatoes; toss gently to coat.

Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:9.5060870051384%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 153.07kcal (7.65%), Fat: 3.05g (4.7%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 25.59g (9.31%), Sugar: 3.21g (3.57%), Cholesterol: 8.68mg (2.89%), Sodium: 408.69mg (17.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Vitamin K: 37.71µg (35.91%), Potassium: 808.13mg (23.09%), Vitamin C: 17.97mg (21.78%), Vitamin B6: 0.3mg (15.14%), Manganese: 0.27mg (13.55%), Fiber: 3.01g (12.05%), Copper: 0.24mg (11.88%), Phosphorus: 117.01mg (11.7%), Magnesium: 40.46mg (10.11%), Vitamin B3: 2mg (10.01%), Vitamin B1: 0.14mg (9.58%), Folate: 35.22µg (8.81%), Iron: 1.4mg (7.81%), Vitamin A: 296.64IU (5.93%), Vitamin B5: 0.54mg (5.37%), Vitamin B2: 0.08mg (4.73%), Zinc: 0.64mg (4.27%), Calcium: 37.65mg (3.76%),

Selenium: 1.45µg (2.07%)