



Creamy Dijon-Dill Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



220 kcal

SIDE DISH

Ingredients

- 2 stalks celery
- 1 tablespoon regular dijon mustard
- 0.3 cup tightly dill fresh packed chopped
- 0.5 juice of lemon juiced
- 12 servings kosher salt and pepper black freshly ground
- 1 cup mayonnaise
- 0.5 cup onion red finely chopped
- 1 tablespoons vinegar

3 pounds yukon gold potatoes peeled

Equipment

bowl

pot

Directions

Watch how to make this recipe.

Put the potatoes in a big pot with enough water to cover by 1-inch. Season with salt and bring the water to a boil. Cook just until the potatoes are tender when pierced with a fork, about 25 minutes.

Drain the potatoes and return them to the uncovered pot off the heat.

Let them sit until almost room temperature. (Cooling them in the warm pot will get rid of any excess water in the potatoes, and that's good.)

Meanwhile, cut the white parts off the ends of the celery stalks.

Cut the stalks in half lengthwise, then across into 1/4-inch slices. Stir the celery, 3/4 teaspoon salt, and the remaining ingredients together in a serving bowl large enough to hold all the potatoes.

When they're cool, cut the potatoes into 1-inch pieces, add them to the bowl as you go. Stir gently until all the potatoes are coated with dressing. You can make the salad up to a couple of hours in advance. Keep covered at room temperature. Don't refrigerate or the potatoes will lose their rich, smooth texture.

Nutrition Facts



PROTEIN 4.85% **FAT 57.3%** **CARBS 37.85%**

Properties

Glycemic Index:26.81, Glycemic Load:14.75, Inflammation Score:-4, Nutrition Score:8.0356522383897%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin:

0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 219.8kcal (10.99%), Fat: 14.14g (21.76%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 21.02g (7.01%), Net Carbohydrates: 18.21g (6.62%), Sugar: 1.41g (1.57%), Cholesterol: 7.84mg (2.61%), Sodium: 145.34mg (6.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin K: 34.74µg (33.09%), Vitamin C: 24.36mg (29.53%), Vitamin B6: 0.35mg (17.62%), Potassium: 519.95mg (14.86%), Fiber: 2.82g (11.27%), Manganese: 0.22mg (11.07%), Phosphorus: 74.4mg (7.44%), Magnesium: 29.07mg (7.27%), Copper: 0.13mg (6.75%), Vitamin B1: 0.1mg (6.69%), Vitamin B3: 1.25mg (6.24%), Folate: 24.57µg (6.14%), Iron: 1.05mg (5.81%), Vitamin E: 0.65mg (4.33%), Vitamin B5: 0.4mg (4.03%), Vitamin B2: 0.05mg (2.91%), Zinc: 0.4mg (2.64%), Vitamin A: 121.55IU (2.43%), Calcium: 22.72mg (2.27%), Selenium: 1.27µg (1.81%)