



Creamy French Potato Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



111 kcal

SIDE DISH

Ingredients

- 6 cups baking potato cubed peeled (1-inch) ()
- 0.1 teaspoon pepper black
- 1 cup celery chopped
- 0.1 teaspoon celery seeds
- 0.3 cup dressing light french
- 2 large hard-cooked eggs chopped
- 0.3 cup mayonnaise light
- 0.5 cup cup heavy whipping cream sour low-fat

- 1 cup onion diced
- 0.3 cup bell pepper diced red
- 0.5 teaspoon salt

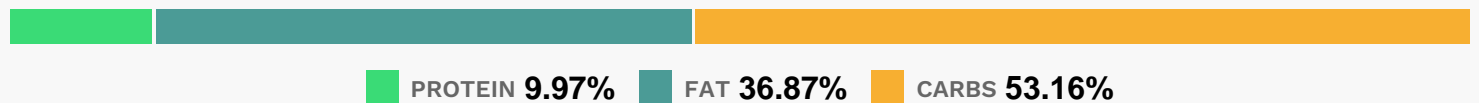
Equipment

- bowl
- sauce pan

Directions

- Place potato in a large saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 15 minutes or until almost tender; drain well.
- Combine sour cream and next 5 ingredients (sour cream through celery seeds) in a large bowl; stir in potato, celery, and remaining ingredients. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:14.84, Glycemic Load:9.44, Inflammation Score:-3, Nutrition Score:5.0647826246593%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 110.82kcal (5.54%), Fat: 4.65g (7.15%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 15.07g (5.02%), Net Carbohydrates: 13.76g (5%), Sugar: 2.16g (2.4%), Cholesterol: 30.37mg (10.12%), Sodium: 181.92mg (7.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Vitamin B6: 0.26mg (13.06%), Vitamin K: 11.8µg (11.24%), Vitamin C: 8.22mg (9.96%), Potassium: 342.52mg (9.79%), Manganese: 0.13mg (6.65%), Phosphorus: 61.25mg (6.13%), Fiber: 1.32g (5.26%), Folate: 19.26µg (4.81%), Magnesium: 19.11mg (4.78%), Vitamin B1: 0.07mg (4.74%), Vitamin B2: 0.08mg (4.71%), Selenium: 2.94µg (4.2%), Vitamin A: 205.21IU (4.1%), Iron: 0.73mg (4.03%), Copper: 0.08mg (3.92%), Vitamin B3: 0.75mg (3.75%), Vitamin E: 0.51mg (3.39%), Vitamin B5: 0.34mg (3.37%), Calcium: 31.18mg (3.12%), Zinc: 0.35mg (2.32%), Vitamin B12: 0.12µg (2%), Vitamin D: 0.17µg (1.16%)