



## Creamy Lime Potato Salad

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



97 kcal

SIDE DISH

### Ingredients

- 1 tablespoon thyme dried fresh minced
- 2 tablespoons juice of lime
- 0.5 teaspoon lime zest grated
- 0.3 cup mayonnaise reduced-fat
- 0.3 cup cream sour reduced-fat
- 0.5 teaspoon pepper
- 4 cups potatoes - remove skin red cubed
- 0.5 teaspoon salt

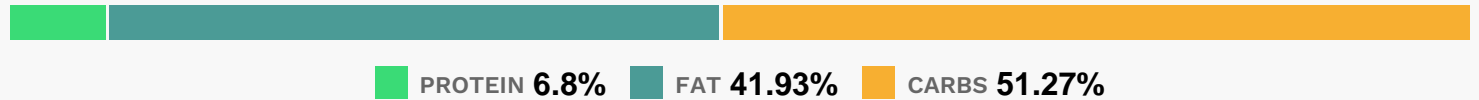
## Equipment

- bowl
- sauce pan

## Directions

- Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10–15 minutes or until potatoes are tender.
- Drain. Cool potatoes for 10 minutes; transfer to a large bowl.
- Meanwhile, in a small bowl, combine the mayonnaise, sour cream, lime juice, thyme, lime peel, salt and pepper.
- Pour over potatoes; toss gently to coat.
- Serve warm or chilled.

## Nutrition Facts



## Properties

Glycemic Index:12.8, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:4.8869565349558%

## Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 97.45kcal (4.87%), Fat: 4.69g (7.21%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 11.5g (4.18%), Sugar: 1.45g (1.61%), Cholesterol: 6.41mg (2.14%), Sodium: 377mg (16.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Vitamin K: 23.9µg (22.76%), Vitamin C: 7.52mg (9.12%), Potassium: 318.45mg (9.1%), Manganese: 0.18mg (8.79%), Iron: 1.48mg (8.24%), Vitamin B6: 0.11mg (5.6%), Fiber: 1.4g (5.58%), Phosphorus: 49.81mg (4.98%), Copper: 0.1mg (4.83%), Magnesium: 17.25mg (4.31%), Calcium: 40.17mg (4.02%), Vitamin B1: 0.06mg (4.02%), Folate: 15.5µg (3.88%), Vitamin B3: 0.75mg (3.75%), Vitamin E: 0.44mg (2.95%), Vitamin B2: 0.04mg (2.17%), Zinc: 0.32mg (2.16%), Vitamin B5: 0.19mg (1.87%), Vitamin A: 86.97IU (1.74%), Selenium: 1.1µg (1.57%)