



## Creamy Potato Salad

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



205 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon celery seeds
- 0.1 teaspoon garlic powder
- 0.3 cup green onions chopped
- 0.5 cup canola mayonnaise reduced-fat
- 2 tablespoons mustard prepared
- 2 ounce pimientos diced drained
- 0.3 cup greek yogurt plain 2% reduced-fat

- 2 pounds potatoes red cut into 1/2-inch pieces
- 0.5 teaspoon salt
- 0.3 cup cup heavy whipping cream sour
- 1 tablespoon sugar
- 1 tablespoon citrus champagne vinegar

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Place potatoes in a medium saucepan; cover with cold water to 2 inches above potatoes. Bring to a boil over medium-high heat. Reduce heat to medium, and gently simmer 10 minutes or until potatoes are tender.
- Drain potatoes; cool for 20 minutes.
- Combine mayonnaise and remaining ingredients in a large bowl; stir with a whisk.
- Add potatoes; toss gently to coat.
- Serve at room temperature or chilled.

## Nutrition Facts



**PROTEIN 6.61%** **FAT 52.82%** **CARBS 40.57%**

## Properties

Glycemic Index:33.26, Glycemic Load:1.28, Inflammation Score:-4, Nutrition Score:8.0239130906437%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

## Nutrients (% of daily need)

Calories: 204.83kcal (10.24%), Fat: 12.25g (18.84%), Saturated Fat: 2.43g (15.18%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 18.8g (6.84%), Sugar: 3.85g (4.28%), Cholesterol: 10.43mg (3.48%), Sodium: 302.49mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.89%), Vitamin K: 33.57µg (31.97%), Vitamin C: 17.82mg (21.6%), Potassium: 568.42mg (16.24%), Vitamin B6: 0.23mg (11.3%), Manganese: 0.21mg (10.43%), Fiber: 2.37g (9.47%), Phosphorus: 93.9mg (9.39%), Copper: 0.17mg (8.49%), Magnesium: 30.19mg (7.55%), Vitamin B1: 0.11mg (7.14%), Vitamin B3: 1.42mg (7.09%), Iron: 1.19mg (6.63%), Folate: 24.78µg (6.2%), Vitamin A: 284.46IU (5.69%), Vitamin B2: 0.08mg (4.61%), Selenium: 3.12µg (4.46%), Vitamin B5: 0.4mg (4.01%), Vitamin E: 0.59mg (3.94%), Calcium: 34.51mg (3.45%), Zinc: 0.52mg (3.44%), Vitamin B12: 0.08µg (1.26%)