



## Creamy Potato Salad with Lemon and Fresh Herbs



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

SIDE DISH

### Ingredients

- ☐ 3 pounds baby potatoes red
- ☐ 1 celery stalks cut into 1/3-inch cubes
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 medium spring onion thinly sliced
- ☐ 0.8 cup mayonnaise

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3 tablespoons rice vinegar

## Equipment

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bowl

☐

pot

## Directions

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Bring potatoes to boil in large pot of water. Reduce heat to medium-low and simmer until potatoes are tender, about 17 minutes.

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Drain; let stand until cool enough to handle, about 20 minutes.

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Cut potatoes into 3/4-inch pieces.

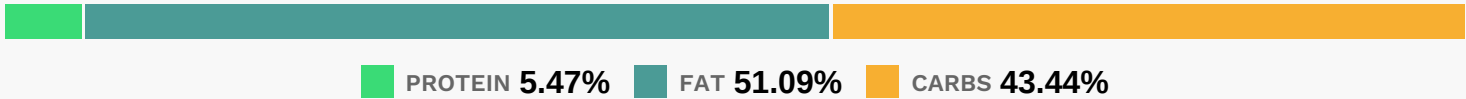
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Place 1 layer of potatoes in large bowl; sprinkle with some of vinegar and salt and pepper. Continue layering potatoes with vinegar, salt, and pepper.

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Add all remaining ingredients; toss. Season with salt and pepper. DO AHEAD Can be made 8 hours ahead. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:45.59, Glycemic Load:21.93, Inflammation Score:-5, Nutrition Score:12.975652370764%

## Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

## Nutrients (% of daily need)

Calories: 277.62kcal (13.88%), Fat: 15.89g (24.45%), Saturated Fat: 2.51g (15.66%), Carbohydrates: 30.41g (10.14%), Net Carbohydrates: 26.44g (9.61%), Sugar: 1.6g (1.78%), Cholesterol: 8.82mg (2.94%), Sodium: 146.12mg (6.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.65%), Vitamin K: 83.11µg (79.16%), Vitamin C: 37.3mg (45.21%), Vitamin B6: 0.51mg (25.52%), Potassium: 750.59mg (21.45%), Fiber: 3.97g (15.89%), Manganese: 0.29mg

(14.37%), Phosphorus: 105.38mg (10.54%), Magnesium: 42.04mg (10.51%), Copper: 0.2mg (9.94%), Vitamin B1: 0.14mg (9.55%), Vitamin B3: 1.86mg (9.28%), Iron: 1.6mg (8.91%), Folate: 35.56µg (8.89%), Vitamin A: 280.61IU (5.61%), Vitamin B5: 0.55mg (5.55%), Vitamin E: 0.76mg (5.05%), Vitamin B2: 0.07mg (3.88%), Zinc: 0.57mg (3.83%), Calcium: 30.82mg (3.08%), Selenium: 1.06µg (1.52%)