



Cucumber Potato Salad

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 1 cucumber english very thinly sliced
- ☐ 0.5 cup optional: dill fresh roughly chopped
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup mayonnaise
- ☐ 1.5 cups onion red dry rinsed
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup greek yogurt plain low-fat
- ☐ 1.5 pounds potatoes – remove skin red

☐ 2 tablespoons red wine vinegar

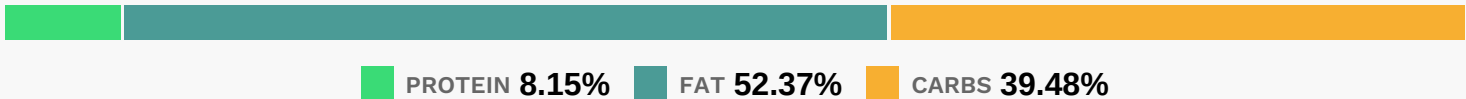
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ steamer basket

Directions

- ☐ Bring 1 in. water to a boil in a saucepan. Set whole potatoes in a steamer basket and steam in pan, covered, until tender, 15 to 20 minutes. Cool in ice water, then pat dry.
- ☐ Whisk yogurt, mayonnaise, dill, vinegar, salt, and pepper in a small bowl to combine.
- ☐ Quarter potatoes and put in a large bowl.
- ☐ Add onion, cucumber, and half the dressing; gently stir to coat.
- ☐ Add more dressing if you like, or save to use as a dip.
- ☐ Make ahead: Up to 2 days through step Chill potatoes and dressing separately and slice cucumber just before serving.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:7.1886956782445%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg

Nutrients (% of daily need)

Calories: 185.38kcal (9.27%), Fat: 10.98g (16.9%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 18.63g (6.21%), Net Carbohydrates: 16.39g (5.96%), Sugar: 3.64g (4.05%), Cholesterol: 6.7mg (2.23%), Sodium: 404.75mg (17.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.69%), Vitamin K: 31.76µg (30.25%), Vitamin C: 13.1mg (15.88%), Potassium: 513.56mg (14.67%), Manganese: 0.24mg (12.24%), Vitamin B6: 0.2mg (10.13%), Fiber: 2.24g (8.95%), Copper: 0.15mg (7.51%), Phosphorus: 74.96mg (7.5%), Folate: 28.76µg (7.19%), Magnesium: 28.71mg (7.18%), Vitamin B1: 0.1mg (6.4%), Vitamin A: 290.62IU (5.81%), Iron: 1.04mg (5.8%), Vitamin B3: 1.1mg (5.48%), Calcium: 46.12mg (4.61%), Vitamin B5: 0.41mg (4.09%), Vitamin B2: 0.06mg (3.44%), Vitamin E: 0.49mg (3.24%), Zinc: 0.46mg (3.05%), Selenium: 1.02µg (1.45%)