



Dill Potato Salad

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

Ingredients

- 2 tablespoons dijon mustard
- 1 teaspoon parsley dried
- 2 teaspoons dill weed fresh chopped
- 7 cups new potatoes chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 8 ounce cup heavy whipping cream sour

Equipment

bowl

pot

Directions

Bring a large pot of salted water to a boil.

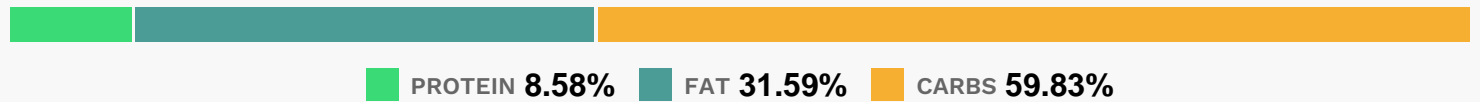
Add potatoes and cook until tender but still firm, about 15 minutes.

Drain, cool, peel and chill.

Meanwhile, in a medium bowl combine sour cream, dill, parsley, Dijon, salt and pepper.

Pour dressing over potatoes and toss gently. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:22.41, Inflammation Score:-5, Nutrition Score:10.255652194438%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 212.91kcal (10.65%), Fat: 7.66g (11.79%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 32.65g (10.88%), Net Carbohydrates: 28.56g (10.39%), Sugar: 2.73g (3.03%), Cholesterol: 22.3mg (7.43%), Sodium: 271.12mg (11.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.37%), Vitamin C: 34.88mg (42.28%), Vitamin B6: 0.54mg (26.78%), Potassium: 793.34mg (22.67%), Fiber: 4.09g (16.36%), Manganese: 0.31mg (15.3%), Phosphorus: 134.1mg (13.41%), Magnesium: 46.66mg (11.67%), Vitamin B1: 0.16mg (10.48%), Copper: 0.2mg (10.05%), Vitamin B3: 1.91mg (9.55%), Iron: 1.49mg (8.26%), Folate: 30.71µg (7.68%), Vitamin B2: 0.12mg (7.26%), Vitamin B5: 0.66mg (6.61%), Calcium: 63.08mg (6.31%), Selenium: 3.63µg (5.19%), Vitamin A: 245.89IU (4.92%), Zinc: 0.67mg (4.45%), Vitamin K: 4.33µg (4.12%), Vitamin B12: 0.08µg (1.32%), Vitamin E: 0.18mg (1.21%)