



Dill Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



200 min.

SERVINGS



8

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 0.5 tsp dill weed
- ☐ 2 green onions sliced
- ☐ 0.5 cup real mayo mayonnaise kraft
- ☐ 4 cups new potatoes cooked quartered
- ☐ 0.3 tsp pepper

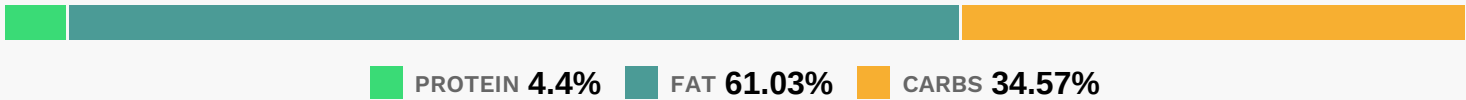
Equipment

- ☐ bowl

Directions

- ☐ Mix mayo and seasonings until blended.
- ☐ Combine potatoes and onions in large bowl.
- ☐ Add mayo mixture; mix lightly.
- ☐ Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:9.68, Inflammation Score:-2, Nutrition Score:5.3630435142828%

Flavonoids

Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 154.07kcal (7.7%), Fat: 10.55g (16.23%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 11.7g (4.25%), Sugar: 0.74g (0.82%), Cholesterol: 5.88mg (1.96%), Sodium: 93.9mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Vitamin K: 30.56µg (29.1%), Vitamin C: 15.34mg (18.6%), Vitamin B6: 0.22mg (11.22%), Potassium: 327.71mg (9.36%), Fiber: 1.74g (6.98%), Manganese: 0.13mg (6.43%), Phosphorus: 46.9mg (4.69%), Magnesium: 18.1mg (4.53%), Copper: 0.09mg (4.35%), Vitamin B1: 0.06mg (4.21%), Vitamin B3: 0.81mg (4.04%), Iron: 0.67mg (3.7%), Folate: 14.64µg (3.66%), Vitamin E: 0.48mg (3.23%), Vitamin B5: 0.25mg (2.49%), Vitamin B2: 0.03mg (1.72%), Zinc: 0.25mg (1.67%), Calcium: 12.57mg (1.26%)