



Dill Potato Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 8 servings garnish: dill sprigs fresh
- ☐ 3 tablespoons optional: dill fresh minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 2 pounds new potatoes cut into wedges
- ☐ 10 ounce tiny peas sweet green frozen thawed drained

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 small onion sweet chopped

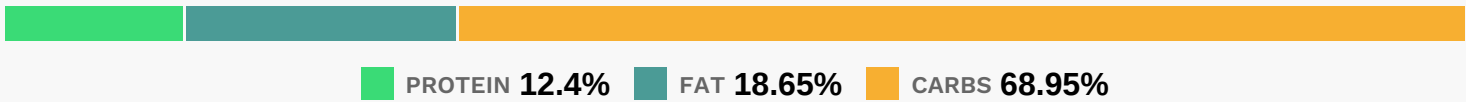
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cook potato wedges in boiling water to cover in a saucepan 25 minutes or until tender; drain and add peas.
- ☐ Stir together mayonnaise and next 7 ingredients in a large bowl.
- ☐ Add potato mixture; toss to coat. Cover and chill at least 2 hours.
- ☐ Garnish, if desired.
- ☐ Prep: 15 min., Cook: 25 min., Chill: 2 hrs.

Nutrition Facts



Properties

Glycemic Index:28.39, Glycemic Load:15.89, Inflammation Score:-6, Nutrition Score:11.661739188692%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 174.26kcal (8.71%), Fat: 3.69g (5.68%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 25.7g (9.34%), Sugar: 6.58g (7.31%), Cholesterol: 3.16mg (1.05%), Sodium: 231.96mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.05%), Vitamin C: 38.84mg (47.08%), Vitamin B6: 0.46mg (23.05%), Fiber: 5.01g (20.02%), Potassium: 661.02mg (18.89%), Manganese: 0.37mg (18.64%), Vitamin K:

18.75µg (17.85%), Vitamin B1: 0.21mg (14.29%), Phosphorus: 141.29mg (14.13%), Folate: 53.54µg (13.39%), Magnesium: 45.67mg (11.42%), Copper: 0.22mg (10.81%), Vitamin B3: 2.03mg (10.13%), Iron: 1.61mg (8.94%), Vitamin B2: 0.13mg (7.44%), Zinc: 0.99mg (6.59%), Vitamin A: 312.35IU (6.25%), Calcium: 61.78mg (6.18%), Vitamin B5: 0.52mg (5.21%), Selenium: 2.74µg (3.91%), Vitamin E: 0.39mg (2.57%), Vitamin B12: 0.09µg (1.43%)