



Dill Sour Cream Potato Salad



Vegetarian



Gluten Free

READY IN



210 min.

SERVINGS



6

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 1 cup celery chopped
- ☐ 2 dill pickles chopped
- ☐ 0.5 teaspoon dill weed dried
- ☐ 3 green onions sliced
- ☐ 0.3 teaspoon pepper
- ☐ 4 cups potatoes diced
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup cup heavy whipping cream sour

- ☐ 1 tomatoes cut into wedges
- ☐ 3 tablespoons vegetable oil
- ☐ 3 tablespoons vinegar

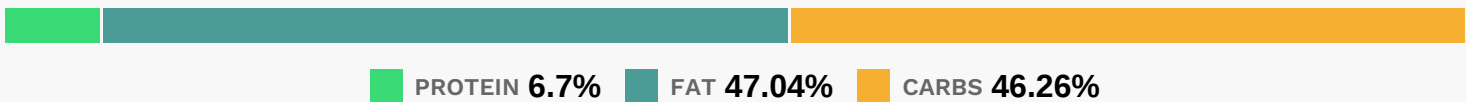
Equipment

- ☐ 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 and cool.
- ☐ In a large bowl combine potatoes, celery and green onions.
- ☐ In a small bowl combine vinegar, oil, salt, pepper and dill weed.
- ☐ Pour over potatoes and toss gently. Refrigerate for several hours, or overnight.
- ☐ Stir in sour cream, and pickles just before serving.
- ☐ Garnish with tomato wedges.

Nutrition Facts



Properties

Glycemic Index:44.63, Glycemic Load:18.29, Inflammation Score:-6, Nutrition Score:11.480000070904%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 237.26kcal (11.86%), Fat: 12.68g (19.51%), Saturated Fat: 4.01g (25.07%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 24.06g (8.75%), Sugar: 3.26g (3.62%), Cholesterol: 16.96mg (5.65%), Sodium: 305.08mg (13.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.13%), Vitamin C: 32.79mg (39.75%), Vitamin K: 38.34µg (36.52%), Vitamin B6: 0.47mg (23.32%), Potassium: 762.56mg (21.79%), Fiber: 4g (16%), Manganese: 0.3mg (14.82%), Phosphorus: 117.2mg (11.72%), Vitamin A: 533.06IU (10.66%), Magnesium: 42.5mg (10.62%), Folate: 38.85µg (9.71%), Vitamin B1: 0.14mg (9.52%), Copper: 0.19mg (9.35%), Vitamin B3: 1.74mg (8.68%), Iron: 1.39mg (7.74%), Vitamin B2: 0.12mg (7.3%), Calcium: 73.04mg (7.3%), Vitamin E: 0.9mg (5.97%), Vitamin B5: 0.59mg (5.87%), Zinc: 0.61mg (4.06%), Selenium: 1.63µg (2.33%), Vitamin B12: 0.06µg (1.01%)