



## Dilled Potato Salad

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



180 kcal

SIDE DISH

### Ingredients

- 2 lb potatoes - remove skin diced red peeled
- 4 hardboiled eggs chopped
- 0.5 cup spring onion sliced
- 3 tablespoons optional: dill fresh chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.8 cup mayonnaise
- 0.3 cup milk

- 1 teaspoon citrus champagne vinegar
- 0.5 teaspoon mustard yellow

## Equipment

- bowl
- sauce pan

## Directions

- Place potatoes in large saucepan.
- Add enough water to cover potatoes. Bring to a boil. Cook 5 to 8 minutes or just until potatoes are fork-tender.
- Drain; rinse with cold water until cool.
- In large bowl, mix potatoes and remaining salad ingredients. In medium bowl, mix dressing ingredients.
- Pour dressing over salad; mix gently. Refrigerate 1 hour to blend flavors.

## Nutrition Facts

**PROTEIN 8.79%** **FAT 62.57%** **CARBS 28.64%**

## Properties

Glycemic Index:16.58, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:6.7013042491415%

## Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 179.71kcal (8.99%), Fat: 12.58g (19.35%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 11.54g (4.2%), Sugar: 1.67g (1.85%), Cholesterol: 68.86mg (22.95%), Sodium: 225.71mg (9.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.95%), Vitamin K: 33.78µg (32.17%), Potassium: 391.23mg (11.18%), Vitamin C: 7.37mg (8.94%), Selenium: 6.06µg (8.66%), Phosphorus: 86.5mg (8.65%), Vitamin B6: 0.16mg (7.85%), Vitamin B2: 0.12mg (7.34%), Manganese: 0.13mg (6.34%), Folate: 24.48µg (6.12%), Fiber: 1.42g (5.66%), Copper: 0.11mg (5.53%), Vitamin B1: 0.08mg (5.35%), Magnesium: 20.33mg (5.08%), Vitamin B5: 0.5mg

(4.98%), Iron: 0.86mg (4.77%), Vitamin B3: 0.91mg (4.56%), Vitamin E: 0.67mg (4.44%), Vitamin B12: 0.24µg (3.97%), Zinc: 0.49mg (3.28%), Vitamin A: 161.67IU (3.23%), Vitamin D: 0.47µg (3.13%), Calcium: 28.96mg (2.9%)