



Dilled Potato Salad With Feta



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 1 cucumber sliced cut in half lengthwise and
- ☐ 3 tablespoons optional: dill dried fresh chopped
- ☐ 4 ounce feta cheese crumbled
- ☐ 0.5 cup spring onion sliced
- ☐ 0.5 teaspoon pepper
- ☐ 1 large bell pepper red chopped
- ☐ 2 pounds potatoes - remove skin red unpeeled
- ☐ 0.3 cup red wine vinegar

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil

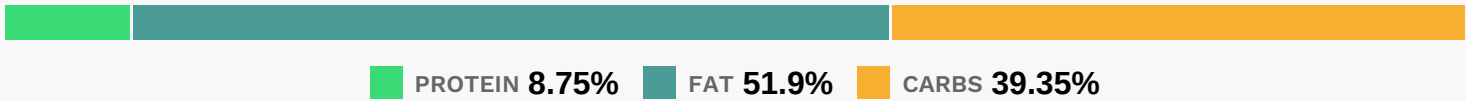
Equipment

- ☐ whisk

Directions

- ☐ Bring potatoes and water to cover to a boil. Cook 25 to 30 minutes or just until tender; drain and cool.
- ☐ Cut potatoes into quarters.
- ☐ Whisk together vinegar, oil, dill, salt, and pepper.
- ☐ Pour over warm potatoes.
- ☐ Stir in chopped bell pepper, cucumber, and green onions; add cheese, and toss to combine. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:11.906087144561%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 211.34kcal (10.57%), Fat: 12.43g (19.12%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 18.38g (6.69%), Sugar: 2.99g (3.32%), Cholesterol: 12.62mg (4.21%), Sodium: 330.83mg (14.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.43%), Vitamin C: 38.54mg (46.72%), Vitamin K: 37.09µg (35.33%), Potassium: 642.94mg (18.37%), Vitamin B6: 0.34mg (16.81%), Vitamin A: 811.18IU (16.22%), Phosphorus: 133.55mg (13.36%), Manganese: 0.25mg (12.35%), Fiber: 2.82g (11.27%), Vitamin B2: 0.19mg (11.02%), Folate: 43.87µg (10.97%), Copper: 0.19mg (9.74%), Calcium: 93.96mg (9.4%), Vitamin B1: 0.14mg (9.34%), Magnesium: 36.55mg (9.14%), Vitamin B3: 1.69mg (8.47%), Vitamin E: 1.15mg (7.67%), Iron: 1.25mg (6.96%), Zinc: 0.93mg (6.19%), Vitamin B5: 0.62mg (6.15%), Selenium: 2.8µg (3.99%), Vitamin B12: 0.24µg (3.99%)