



## Dilly Blue Cheese Potato Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



351 kcal

SIDE DISH

## Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 5 stalks celery chopped
- ☐ 0.5 cup optional: dill fresh chopped
- ☐ 1 bunch spring onion chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 10 servings bell pepper to taste
- ☐ 3 pounds potatoes cooked quartered

- ☐ 1 teaspoon salt
- ☐ 1 cup cream sour

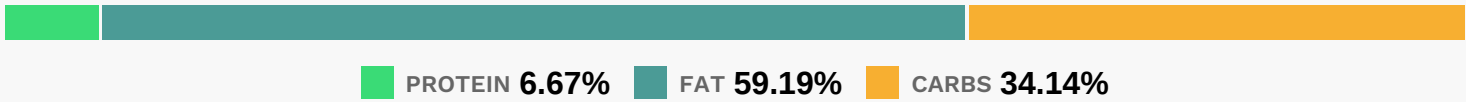
## Equipment

- ☐ bowl

## Directions

- ☐ Blend together mayonnaise, sour cream and lemon juice in a large bowl.
- ☐ Add onions, celery and dill; fold in blue cheese and potatoes.
- ☐ Add salt and pepper to taste. Chill overnight.

## Nutrition Facts



## Properties

Glycemic Index:27.17, Glycemic Load:18.59, Inflammation Score:-9, Nutrition Score:19.501304108164%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

## Nutrients (% of daily need)

Calories: 350.53kcal (17.53%), Fat: 23.57g (36.26%), Saturated Fat: 6.3g (39.35%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 25.59g (9.31%), Sugar: 5.47g (6.08%), Cholesterol: 28.04mg (9.35%), Sodium: 488.51mg (21.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Vitamin C: 125.64mg (152.29%), Vitamin A: 2839.8IU (56.8%), Vitamin K: 54.08µg (51.51%), Vitamin B6: 0.66mg (33.07%), Potassium: 857.12mg (24.49%), Fiber: 4.99g (19.97%), Folate: 73.33µg (18.33%), Manganese: 0.35mg (17.56%), Phosphorus: 152.52mg (15.25%), Vitamin E: 2.1mg (13.98%), Magnesium: 48.32mg (12.08%), Vitamin B3: 2.37mg (11.84%), Vitamin B2: 0.2mg (11.52%), Vitamin B1: 0.16mg (10.99%), Calcium: 97mg (9.7%), Iron: 1.7mg (9.44%), Vitamin B5: 0.93mg (9.32%), Copper: 0.18mg (9.17%), Zinc: 0.93mg (6.18%), Selenium: 2.92µg (4.18%), Vitamin B12: 0.16µg (2.63%)