



## Heather's Updated Potato Salad

 Vegetarian  Gluten Free

READY IN



**335 min.**

SERVINGS



**10**

CALORIES



**246 kcal**

SIDE DISH

### Ingredients

- 0.3 cup buttermilk
- 0.5 cup celery diced
- 2 tablespoons dijon mustard
- 2 tablespoons dill weed dried
- 10 servings salt and ground pepper black to taste
- 0.5 cup mayonnaise
- 0.5 cup onion diced red
- 5 pounds potatoes diced red peeled

# Equipment

bowl

pot

# Directions

Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.

Drain and let cool.

Mix mayonnaise, buttermilk, Dijon mustard, dill, red onion, and celery in a large salad bowl; gently fold in the potatoes. Season with salt and black pepper. Chill for 4 hours before serving.

# Nutrition Facts



# Properties

Glycemic Index:20.4, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:11.588260795759%

# Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

# Nutrients (% of daily need)

Calories: 246.14kcal (12.31%), Fat: 9.04g (13.91%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 37.87g (12.62%), Net Carbohydrates: 33.56g (12.21%), Sugar: 3.73g (4.15%), Cholesterol: 5.36mg (1.79%), Sodium: 156.87mg (6.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.93%), Potassium: 1092.75mg (31.22%), Vitamin K: 26.57µg (25.31%), Vitamin C: 20.57mg (24.93%), Vitamin B6: 0.41mg (20.73%), Manganese: 0.39mg (19.26%), Fiber: 4.31g (17.23%), Copper: 0.32mg (15.95%), Phosphorus: 155.99mg (15.6%), Magnesium: 56.28mg (14.07%), Vitamin B1: 0.2mg (13.38%), Vitamin B3: 2.67mg (13.36%), Iron: 2.06mg (11.43%), Folate: 45.25µg (11.31%), Vitamin B5: 0.71mg (7.07%), Zinc: 0.85mg (5.66%), Vitamin B2: 0.09mg (5.39%), Calcium: 47.37mg (4.74%), Selenium: 2.7µg (3.86%), Vitamin E: 0.42mg (2.81%), Vitamin A: 93.67IU (1.87%)