



Herbed Potato Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.3 cup heavy whipping cream sour reduced-fat
- ☐ 0.5 cup onion red finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons citrus champagne vinegar
- ☐ 2 pounds yukon gold potatoes

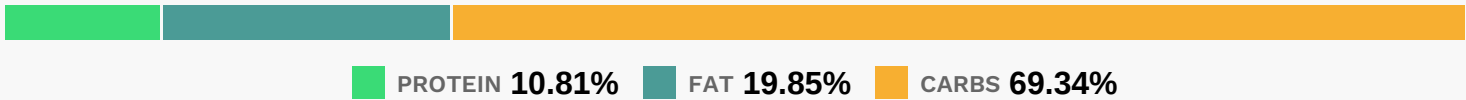
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place potatoes in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- ☐ Drain. Cool slightly and peel.
- ☐ Cut potatoes in half lengthwise; cut halves crosswise into 1/4-inch-thick slices.
- ☐ Place potatoes in a large bowl; sprinkle with vinegar.
- ☐ Combine yogurt and sour cream in a medium bowl, stirring with a whisk until smooth.
- ☐ Add oil; stir with a whisk.
- ☐ Add onion and remaining ingredients; stir with a whisk.
- ☐ Add yogurt mixture to potato mixture; toss gently to coat. Cover and chill 1 to 24 hours.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:19.68, Inflammation Score:-5, Nutrition Score:10.465217481489%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 171.17kcal (8.56%), Fat: 3.83g (5.89%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 26.48g (9.63%), Sugar: 3.22g (3.58%), Cholesterol: 4.58mg (1.53%), Sodium: 227.13mg (9.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.39%), Vitamin C: 33.05mg (40.06%), Vitamin K: 26.69µg (25.42%), Vitamin B6: 0.48mg (24.09%), Potassium: 738.06mg (21.09%), Fiber: 3.63g (14.52%), Manganese: 0.28mg (13.76%), Phosphorus: 128.57mg (12.86%), Magnesium: 41.81mg (10.45%), Vitamin B1: 0.14mg (9.48%), Copper: 0.18mg (8.91%), Vitamin B3: 1.66mg (8.31%), Folate: 32.18µg (8.05%), Iron: 1.37mg (7.61%), Calcium: 75.91mg (7.59%), Vitamin B2: 0.11mg (6.43%), Vitamin B5: 0.59mg (5.94%), Zinc: 0.72mg (4.77%), Vitamin A: 163.1IU (3.26%), Vitamin E: 0.47mg (3.15%), Vitamin B12: 0.15µg (2.58%), Selenium: 1.57µg (2.24%)