



## Lemon-Chive Potato Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

### Ingredients

- 4.5 cups baking potato cubed peeled ( ) ( 2 pounds)
- 0.5 teaspoon pepper black freshly ground
- 0.3 cup chives fresh chopped
- 3 tablespoons juice of lemon fresh
- 0.5 cup mayonnaise light
- 0.3 cup onion finely chopped
- 0.5 cup radishes thinly sliced
- 0.5 teaspoon salt

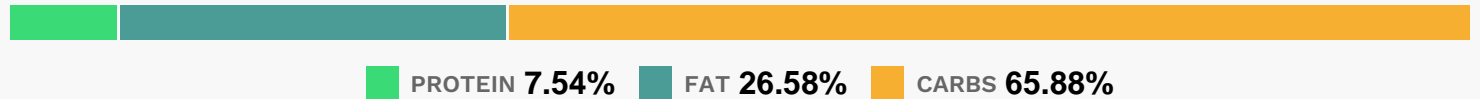
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Place potato in a large saucepan, and cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender.
- Drain. Cool; cover and chill. Stir in onion.
- Combine mayonnaise, chopped fresh chives, fresh lemon juice, salt, and freshly ground black pepper in a small bowl, stirring with a whisk.
- Add mayonnaise mixture to potato mixture; toss gently to coat. Cover and refrigerate 4 hours or overnight.
- Sprinkle radishes over potato mixture just before serving.

## Nutrition Facts



## Properties

Glycemic Index:27.59, Glycemic Load:12.2, Inflammation Score:-2, Nutrition Score:4.8482608587846%

## Flavonoids

Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## Nutrients (% of daily need)

Calories: 105.73kcal (5.29%), Fat: 3.22g (4.95%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 17.93g (5.98%), Net Carbohydrates: 16.52g (6.01%), Sugar: 1.6g (1.78%), Cholesterol: 2.24mg (0.75%), Sodium: 268.55mg (11.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.11%), Vitamin B6: 0.31mg (15.46%), Vitamin K: 12.02µg

(11.45%), Potassium: 393.99mg (11.26%), Vitamin C: 9.28mg (11.25%), Manganese: 0.17mg (8.44%), Fiber: 1.41g (5.62%), Magnesium: 22.16mg (5.54%), Phosphorus: 53.26mg (5.33%), Vitamin B1: 0.08mg (5.11%), Copper: 0.1mg (5.02%), Vitamin B3: 0.92mg (4.58%), Iron: 0.82mg (4.57%), Folate: 17.91µg (4.48%), Vitamin B5: 0.3mg (2.95%), Vitamin E: 0.33mg (2.19%), Vitamin B2: 0.04mg (2.06%), Zinc: 0.3mg (1.99%), Calcium: 17.29mg (1.73%), Vitamin A: 66.72IU (1.33%), Selenium: 0.8µg (1.15%)