

Lemon Dill New Potato Salad

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



360 kcal

SIDE DISH

Ingredients

- 2 rib celery chopped
- 2 tablespoons optional: dill fresh plus more for garnish chopped
- 2 hard-cooked eggs peeled chopped
- 1 tablespoon dijon honey mustard
- 1 juice of lemon
- 1 cup mayonnaise
- 3 pounds new potatoes scrubbed drained
- 0.5 teaspoon pepper freshly ground plus more to taste

- 8 servings try build-a-meal
- 1 teaspoon sea salt plus more to taste
- 6 small toppings: such as pickles sweet chopped
- 3 tablespoons citrus champagne vinegar divided

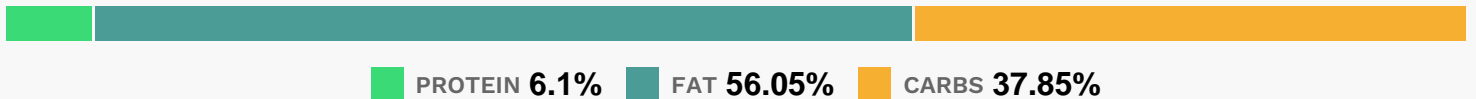
Equipment

- bowl
- pot

Directions

- Place potatoes in a large pot of water, and bring to a boil. Reduce heat, and simmer until tender, about 20 minutes.
- Drain and let cool 2 hours.
- Combine mayonnaise and next 3 ingredients in a small bowl. Stir in 1 tablespoon vinegar, sea salt, and pepper.
- Halve potatoes, and sprinkle with remaining 2 tablespoons vinegar. Toss together gently with celery, egg, pickle, and dressing. Season with additional sea salt and pepper, if desired; serve at room temperature, or chill until ready to serve.
- Garnish with additional dill, if desired.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:21.85, Inflammation Score:-4, Nutrition Score:12.962173980215%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 360.26kcal (18.01%), Fat: 22.51g (34.63%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 30.08g (10.94%), Sugar: 4.17g (4.63%), Cholesterol: 58.38mg (19.46%), Sodium: 555.76mg (24.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.03%), Vitamin K: 54.54µg (51.95%), Vitamin C: 35.16mg (42.62%), Vitamin B6: 0.53mg (26.42%), Potassium: 765.17mg (21.86%), Manganese: 0.36mg (18.05%), Fiber: 4.13g (16.52%), Phosphorus: 133.75mg (13.38%), Magnesium: 44.67mg (11.17%), Vitamin B1: 0.15mg (10.27%), Copper: 0.2mg (10.2%), Vitamin B3: 1.88mg (9.38%), Iron: 1.68mg (9.31%), Folate: 35.39µg (8.85%), Selenium: 5.53µg (7.89%), Vitamin B2: 0.13mg (7.73%), Vitamin B5: 0.75mg (7.55%), Vitamin E: 1.13mg (7.51%), Zinc: 0.74mg (4.95%), Calcium: 37.93mg (3.79%), Vitamin A: 182.41IU (3.65%), Vitamin B12: 0.17µg (2.87%), Vitamin D: 0.33µg (2.21%)