



Lemon Dill New Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



357 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

- ☐ 1 teaspoon sea salt plus more to taste
- ☐ 6 small toppings: such as pickles sweet chopped
- ☐ 3 tablespoons citrus champagne vinegar divided

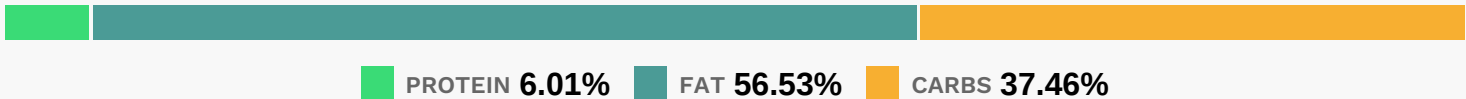
Equipment

- ☐ 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:12.581304249556%

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: 357.02kcal (17.85%), Fat: 22.48g (34.59%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 33.52g (11.17%), Net Carbohydrates: 29.62g (10.77%), Sugar: 4.16g (4.62%), Cholesterol: 58.38mg (19.46%), Sodium: 555.75mg (24.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.75%), Vitamin K: 54.49µg (51.89%), Vitamin C: 35.16mg (42.62%), Vitamin B6: 0.52mg (26.22%), Potassium: 757.87mg (21.65%), Fiber: 3.9g (15.61%), Manganese: 0.29mg (14.7%), Phosphorus: 127.43mg (12.74%), Magnesium: 42.19mg (10.55%), Vitamin B1: 0.15mg (10.07%), Copper: 0.2mg (9.85%), Vitamin B3: 1.82mg (9.1%), Iron: 1.61mg (8.96%), Folate: 35.24µg (8.81%), Vitamin B2: 0.13mg (7.56%), Vitamin E: 1.11mg (7.42%), Vitamin B5: 0.74mg (7.4%), Selenium: 5.02µg (7.17%), Zinc: 0.69mg (4.58%), Calcium: 37.37mg (3.74%), Vitamin A: 182.3IU (3.65%), Vitamin B12: 0.17µg (2.87%), Vitamin D: 0.33µg (2.21%)