



Lemon-Dill Potato Salad



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 2 bunches chives
- ☐ 2 large sprigs optional: dill fresh
- ☐ 0.3 teaspoon pepper white
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 3 tablespoons juice of lemon fresh divided
- ☐ 2 pounds potatoes yellow
- ☐ 1 tablespoon salt divided

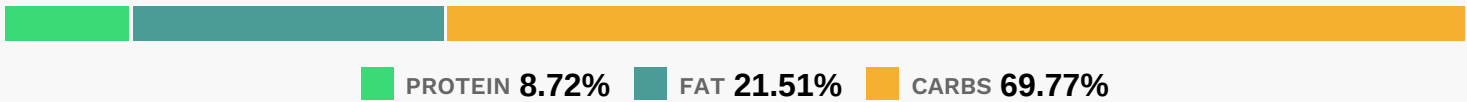
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Rinse and scrub potatoes; cut into bite-size pieces. Put potatoes in a large pot, cover with cold water, and bring to a boil.
- ☐ Add 1 tbsp. salt, adjust heat to maintain a slow boil, and cook potatoes until tender to the bite, about 8 minutes.
- ☐ Drain potatoes and put in a large bowl. Toss with 3 tbsp. lemon juice and let sit until cooled to room temperature, 20 to 30 minutes.
- ☐ Meanwhile, chop chives (you want about 1/2 cup) and dill (you want about 2 tbsp.).
- ☐ Put cream in a medium bowl and beat until soft peaks form. Beat in white pepper, remaining 1 tsp. salt, and remaining 1 tsp. lemon juice. Stir in chives and dill. Gently toss cooled potatoes with dressing.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.97, Glycemic Load:14.51, Inflammation Score:-3, Nutrition Score:6.31086958815222%

Flavonoids

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: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 114.35kcal (5.72%), Fat: 2.81g (4.32%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 17.95g (6.53%), Sugar: 1.26g (1.4%), Cholesterol: 8.4mg (2.8%), Sodium: 880.99mg (38.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin C: 25.2mg (30.54%), Vitamin B6: 0.34mg (17.06%), Potassium: 493.82mg (14.11%), Fiber: 2.55g (10.22%), Manganese: 0.18mg (9.18%), Phosphorus: 70.12mg (7.01%), Magnesium: 27.47mg (6.87%), Copper: 0.13mg (6.35%), Vitamin B1: 0.09mg (6.29%), Vitamin B3: 1.21mg

(6.06%), Iron: 0.93mg (5.18%), Folate: 20.7µg (5.17%), Vitamin K: 4.52µg (4.31%), Vitamin B5: 0.37mg (3.65%),
Vitamin A: 159.33IU (3.19%), Vitamin B2: 0.05mg (3.09%), Zinc: 0.36mg (2.39%), Calcium: 20.58mg (2.06%)