



Lemon-Dill Potato Salad

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



87 kcal

SIDE DISH

Ingredients

- 2 teaspoons apple cider vinegar
- 2 tablespoons optional: dill fresh chopped
- 2 tablespoons juice of lemon
- 0.5 cup mayonnaise light
- 0.8 cup onion red chopped
- 2 pounds potatoes - remove skin red
- 1 teaspoon salt
- 0.5 cup cream fat-free sour

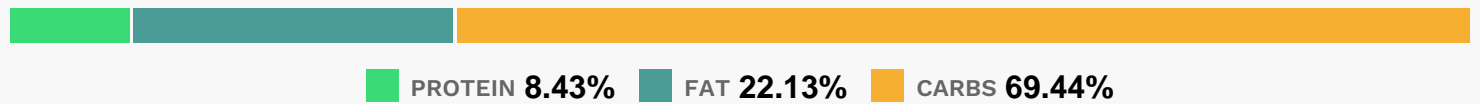
Equipment

- bowl
- dutch oven

Directions

- Place potatoes in a Dutch oven, and cover with cold water; bring to a boil. Cook potatoes 30 minutes or until tender; drain and cool. Peel potatoes and cut into 1-inch cubes.
- Combine potatoes and onion in a large bowl; toss gently.
- Combine sour cream and next 5 ingredients in a separate bowl. Spoon sour cream mixture over cooled potato mixture; toss gently to coat. Cover and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:4.0730435135572%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 86.98kcal (4.35%), Fat: 2.19g (3.38%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 14.03g (5.1%), Sugar: 1.84g (2.04%), Cholesterol: 2.36mg (0.79%), Sodium: 298.6mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Potassium: 377.55mg (10.79%), Vitamin C: 8.27mg (10.02%), Vitamin B6: 0.14mg (7.19%), Vitamin K: 7.24µg (6.9%), Manganese: 0.12mg (6.19%), Phosphorus: 59.83mg (5.98%), Fiber: 1.46g (5.86%), Copper: 0.11mg (5.46%), Magnesium: 19.01mg (4.75%), Vitamin B1: 0.07mg (4.74%), Vitamin B3: 0.89mg (4.46%), Folate: 17.54µg (4.38%), Iron: 0.6mg (3.31%), Vitamin B2: 0.04mg (2.42%), Vitamin B5: 0.23mg (2.32%), Calcium: 22.87mg (2.29%), Zinc: 0.32mg (2.16%), Selenium: 1.18µg (1.69%), Vitamin E: 0.22mg (1.45%)