



Lemon Dill Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 3 tablespoons juice of lemon
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 0.3 cup olive oil
- ☐ 8 servings salt and pepper
- ☐ 3 Tbsp shallots minced
- ☐ 2 pounds yukon gold potatoes (6 total)

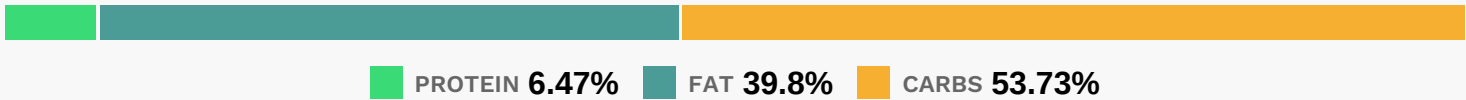
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ pot

Directions

- ☐ Scrub potatoes; place in a pot.
- ☐ Pour in enough cold water to cover by 1 inch.
- ☐ Add a pinch of salt; bring to a boil over high heat. Reduce heat to medium-low; simmer until potatoes are just tender, about 20 minutes.
- ☐ Combine mustard, 1/2 tsp. salt, 1/4 tsp. pepper and lemon zest in a large bowl.
- ☐ Add juice and stir until blended. Slowly whisk in olive oil.
- ☐ Drain potatoes; set aside until cool enough to handle. Using a sharp knife, remove peels.
- ☐ Cut potatoes into 1-inch cubes; add to bowl with shallot and dill; toss gently. Season with salt and pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:20.09, Glycemic Load:14.67, Inflammation Score:-4, Nutrition Score:6.9243478775024%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 152.93kcal (7.65%), Fat: 6.95g (10.69%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 21.11g (7.04%), Net Carbohydrates: 18.32g (6.66%), Sugar: 1.37g (1.52%), Cholesterol: 0mg (0%), Sodium: 222.79mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin C: 26.72mg (32.38%), Vitamin B6: 0.35mg (17.75%), Potassium: 510.28mg (14.58%), Fiber: 2.8g (11.18%), Manganese: 0.21mg (10.6%), Magnesium: 28.99mg (7.25%), Phosphorus: 70.39mg (7.04%), Vitamin E: 1mg (6.67%), Vitamin B1: 0.1mg (6.6%), Copper: 0.13mg (6.54%), Vitamin B3: 1.24mg (6.22%), Iron: 1.1mg (6.13%), Vitamin K: 6.28µg (5.98%), Folate: 22.94µg (5.74%), Vitamin B5: 0.37mg (3.67%), Vitamin B2: 0.04mg (2.58%), Zinc: 0.37mg (2.49%), Vitamin A: 117.69IU (2.35%), Calcium: 20.43mg (2.04%), Selenium: 1.03µg (1.47%)