



## Lemony Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

SIDE DISH

## Ingredients

- ☐ 1 cup celery chopped ( 4 ribs)
- ☐ 0.3 cup chives finely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup mayonnaise
- ☐ 3 pounds potato boiling
- ☐ 1 teaspoon sugar

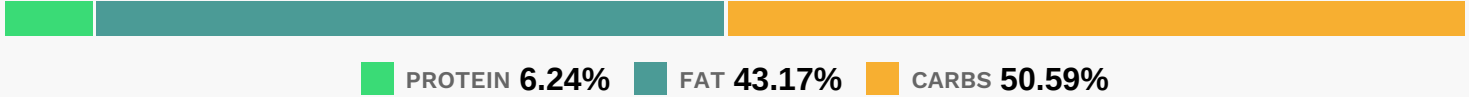
## Equipment

- ☐ bowl
- ☐ pot

## Directions

- ☐ Cover potatoes with water in a large pot and season well with salt. Bring to a boil, then simmer until tender, 12 to 20 minutes.
- ☐ While potatoes cook, stir together celery, mayonnaise, chives, lemon zest and juice, sugar, 1 teaspoon salt, and 3/4 teaspoon pepper in a large bowl.
- ☐ Drain potatoes and cool completely, then halve or quarter.
- ☐ Add to dressing and toss to coat.
- ☐ Artezín Mendocino
- ☐ Zinfandel '07 orChâteau de Chamirey
- ☐ Mercurey Rouge '07
- ☐ Potato salad can be made 1 day ahead and chilled. Bring to room temperature before serving.

## Nutrition Facts



## Properties

Glycemic Index:24.64, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:9.1891305330007%

## 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: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

## Nutrients (% of daily need)

Calories: 219.28kcal (10.96%), Fat: 10.75g (16.54%), Saturated Fat: 1.71g (10.66%), Carbohydrates: 28.35g (9.45%), Net Carbohydrates: 25.19g (9.16%), Sugar: 3.07g (3.41%), Cholesterol: 5.88mg (1.96%), Sodium: 129.71mg (5.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Vitamin K: 34.11µg (32.49%), Potassium: 817.54mg (23.36%), Vitamin C: 17.52mg (21.24%), Vitamin B6: 0.3mg (15.18%), Manganese: 0.26mg (12.95%), Fiber:

3.16g (12.65%), Copper: 0.24mg (11.89%), Phosphorus: 110.78mg (11.08%), Vitamin B3: 2.01mg (10.04%), Magnesium: 39.74mg (9.93%), Vitamin B1: 0.14mg (9.59%), Folate: 37.96µg (9.49%), Iron: 1.32mg (7.34%), Vitamin B5: 0.54mg (5.39%), Zinc: 0.61mg (4.06%), Vitamin B2: 0.06mg (3.82%), Vitamin E: 0.52mg (3.46%), Vitamin A: 132.46IU (2.65%), Calcium: 24.89mg (2.49%), Selenium: 1.24µg (1.78%)