



Lisa's Country Potato & Dill Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



20

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup optional: dill fresh chopped
- 0.5 cup real mayo mayonnaise kraft
- 4 cups new potatoes cubed cooked
- 0.1 tsp each: salt and pepper black
- 0.5 cup scallions chopped (green onions)

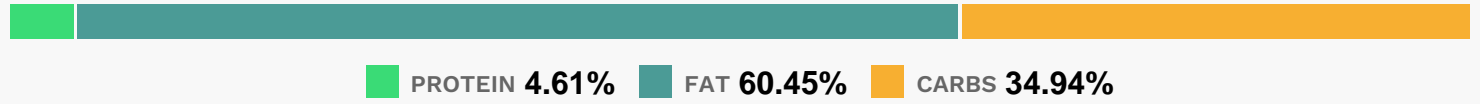
Equipment

- bowl

Directions

- Combine mayo, dill, salt and pepper in large bowl.
- Add potatoes and scallions; toss to coat. Cover.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:9.04, Glycemic Load:3.89, Inflammation Score:-1, Nutrition Score:2.4517391437422%

Flavonoids

Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 62.23kcal (3.11%), Fat: 4.23g (6.5%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 4.76g (1.73%), Sugar: 0.32g (0.36%), Cholesterol: 2.35mg (0.78%), Sodium: 52.65mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.45%), Vitamin K: 14.87µg (14.16%), Vitamin C: 6.88mg (8.34%), Vitamin B6: 0.09mg (4.58%), Potassium: 138.66mg (3.96%), Fiber: 0.74g (2.95%), Manganese: 0.06mg (2.89%), Phosphorus: 19.59mg (1.96%), Magnesium: 7.78mg (1.94%), Folate: 7.56µg (1.89%), Copper: 0.04mg (1.82%), Iron: 0.32mg (1.79%), Vitamin B1: 0.03mg (1.75%), Vitamin B3: 0.34mg (1.69%), Vitamin A: 74.51IU (1.49%), Vitamin E: 0.2mg (1.34%), Vitamin B5: 0.1mg (1.03%)