

Mom's Dill Potato Salad

 Vegetarian  Gluten Free

READY IN



150 min.

SERVINGS



12

CALORIES



237 kcal

SIDE DISH

Ingredients

- 2 tablespoons dill dried
- 4 spring onion chopped
- 1 cup mayonnaise
- 3 pounds potatoes - remove skin red
- 0.8 cup cream sour

Equipment

- bowl
- mixing bowl

pot

Directions

- Place potatoes in a large pot and cover with water. Bring to a boil over high heat, then turn heat to medium-low, cover, and cook until tender but still firm, about 15 minutes.
- Drain, cool in an ice water bath until cold, about 5 minutes. Leaving skins on, cut into bite-size pieces, and place in a large mixing bowl.
- Combine mayonnaise, sour cream, dill weed, and green onions in a bowl and stir until blended. Season with salt and pepper to taste.
- Pour mayo mixture over potatoes and toss to coat evenly. Adjust seasoning if necessary. Cover and refrigerate at least 2 hours, or overnight.

Nutrition Facts



PROTEIN 4.72% **FAT 63.17%** **CARBS 32.11%**

Properties

Glycemic Index:6.83, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:7.6221738846406%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 237.32kcal (11.87%), Fat: 16.94g (26.06%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 17.28g (6.28%), Sugar: 2.15g (2.39%), Cholesterol: 16.32mg (5.44%), Sodium: 145.08mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Vitamin K: 42.21µg (40.2%), Potassium: 565.24mg (16.15%), Vitamin C: 10.88mg (13.19%), Vitamin B6: 0.21mg (10.56%), Manganese: 0.19mg (9.45%), Phosphorus: 88.21mg (8.82%), Fiber: 2.1g (8.4%), Copper: 0.16mg (8.19%), Magnesium: 29.63mg (7.41%), Vitamin B3: 1.35mg (6.76%), Vitamin B1: 0.1mg (6.73%), Iron: 1.18mg (6.56%), Folate: 24.77µg (6.19%), Vitamin E: 0.7mg (4.67%), Vitamin B5: 0.4mg (4%), Vitamin B2: 0.07mg (3.97%), Calcium: 39.15mg (3.92%), Vitamin A: 178.76IU (3.58%), Zinc: 0.48mg (3.21%), Selenium: 1.55µg (2.22%)