



## New Potatoes in Creamy Dill Sauce

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

### Ingredients

- 0.5 cup philadelphia chive & onion cream cheese spread
- 0.5 tsp dill weed
- 0.5 cup milk
- 1.5 lb new potatoes quartered ( 22)
- 0.5 cup water

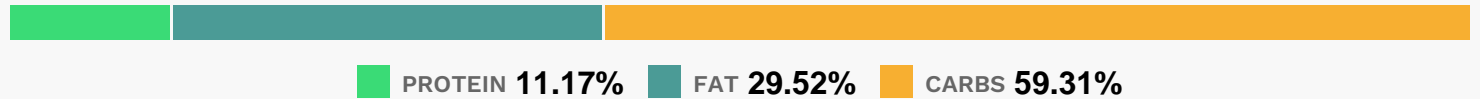
### Equipment

- bowl
- microwave

## Directions

- Microwave potatoes and water in covered 3-qt. microwaveable dish on HIGH 15 to 17 min. or until potatoes are tender, stirring after 10 min.; drain. Return potatoes to dish; set aside.
- Microwave cream cheese and milk in microwaveable bowl 1 min.; stir until smooth.
- Pour over potatoes; sprinkle with dill.
- Microwave 1 to 2 min. or until heated through; stir gently.

## Nutrition Facts



## Properties

Glycemic Index:22.79, Glycemic Load:14.86, Inflammation Score:-3, Nutrition Score:6.5117391509854%

## Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

## Nutrients (% of daily need)

Calories: 146.43kcal (7.32%), Fat: 4.85g (7.46%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 19.44g (7.07%), Sugar: 2.45g (2.72%), Cholesterol: 14.17mg (4.72%), Sodium: 103.29mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Vitamin C: 22.35mg (27.09%), Vitamin B6: 0.35mg (17.35%), Potassium: 507.97mg (14.51%), Fiber: 2.49g (9.98%), Manganese: 0.17mg (8.72%), Phosphorus: 85.18mg (8.52%), Magnesium: 28.72mg (7.18%), Vitamin B1: 0.1mg (6.81%), Copper: 0.13mg (6.29%), Calcium: 61.93mg (6.19%), Vitamin B3: 1.22mg (6.08%), Iron: 0.89mg (4.92%), Folate: 18.16µg (4.54%), Vitamin A: 215.56IU (4.31%), Vitamin B5: 0.41mg (4.12%), Vitamin B2: 0.06mg (3.79%), Zinc: 0.41mg (2.76%), Vitamin K: 2.22µg (2.11%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%), Selenium: 0.73µg (1.04%)